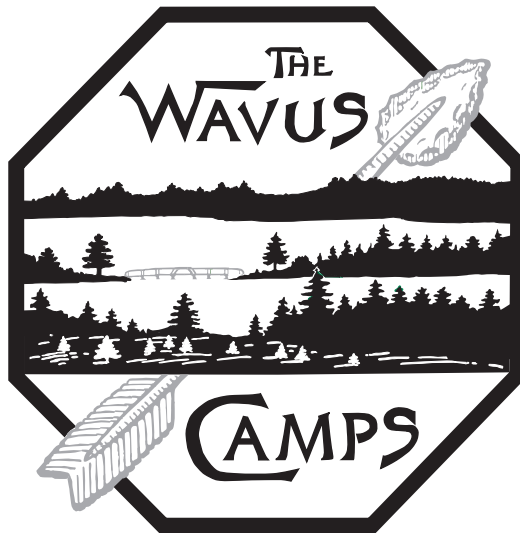


The Wavus Annual 2012

Published by and for the
Staff and Campers of Wavus



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Wavus Annual Dedication – 2012



Carol Congdon Haynes

Carol Congdon Haynes of Wellesley, MA, an avid Wavus alum and supporter, attended The Wavus Camps for two years in the Pueblo Cabin in '45 and Mohawk Cabin in '46. Carol graduated from Waynflete School in Portland, ME and Wellesley College, Class of 1951.

Carol was actively involved with the rebirth of the Wavus Camps from 1997-2004 and the Wavus Camp for Girls from 2005-2012. She visited the campus several times and had fond memories of her time as a camper. Four of her granddaughters were campers and staff members over the past few years: Christina Bradley (Kieve Staff 2008-09; Wavus Council 2008), Melissa Haynes (Wavus Council 2008-09, Kieve Staff 2008-11), Meredith Haynes (Wavus Council 2011) and Leland "Lindy" Perry (Wavus 2006-11, KW West 2012). Her granddaughter Melissa reflects on what Wavus meant to Carol: "Mammy's enthusiasm and passion for Wavus was one of her favorite topics of conversation with her grandchildren. Nothing put a bigger smile on her face than talking about her childhood memories on Damariscotta Lake. She would often fondly reflect on her summers spent in Jefferson, and impressively could still recite the camp songs she sang with her bunk mates over 65 years ago. It was so wonderful for my cousins and I to be able to bond with Mammy over our shared love and appreciation for Camp Wavus."

An excerpt from the 1945 Wavus Yearbook - "Things are never quiet when Carol is around. With those snapping brown eyes and clever remarks she keeps the whole cabin on its toes."

THE RAYS OF THE TOTEM

We open the Council Fire with these words as a whole camp

“These are the rays of the totem that burn and gleam bright on our pathway. These are the symbols we cherish, and through the far years will remember.”

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment

Bravery the **Indian** speaks of courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished if self control rules our emotions.

Love, said the Master, is the greatest, and we too would follow the Master. We too would **love** friend and foe and help all with deep understanding

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be steadfast. He'll weave his web over and over. We too must be willing to try, and try again, times without number.

Forget-me-not **flower** speaks to remind us to be loyal in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its radiance of cheer into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more work together, a defeat is transformed into triumph. (**rowboat**)

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

The rays of the totem have served as symbols to aspire to and live by at Wavus. They are represented on our totem in the Council Fire Circle. Counselors are asked to select a ray for each girl in their cabin. The ray is chosen based on what ray the camper demonstrated, or a ray to which the counselor would like to see her aspire (knowing that she can). These rays are presented either on the last evening or on the last day of the session.

**This has been a long standing tradition with the first Girls Camp
(Wawanock) at Wavus that we continue to honor in
*Keeping The Spirit Alive!***



The History of Wavus

Begun in the summer of 1922 with just four girls and a staff of six, the Wavus Camps flourished and, at its peak in the 1960s, was a two hundred camper brother/sister camp, called Damariscotta Camp (for boys) and Camp Wawanock (for girls). Founded and run by “Chief” and Emma Andrews for 30 years, Wavus thrived under the leadership of Harold and Shirley Westerman for another 24 years. Generations of boys and girls learned self-reliance and sportsmanship, as well as the many skills required for wilderness camping.

Unfortunately, the Wavus Camps closed after the 1976 season due to several reasons, including the Westermans’ wish to retire and the overall slowdown of the camping industry during the 1970s. The property was sold to a private owner and left dormant for sixteen years. Our own Scottie Henry was the Wavus groundskeeper from 1988 - 1992. Scottie lived at Owls Nest from September 15, 1989 - January 14th 1990 ... Last lake bath was January 12th!

When the property was offered for sale in 1992, former campers and a team of local environmentalists banded together to preserve the land intact. This group became The Wavus Foundation and staged a successful one million dollar campaign to purchase the ninety-five acres with the goal of reestablishing summer camping, and ultimately a year-round learning center. The Wavus Spirit was rekindled in 1995 with the establishment of a day camp and two teen programs called the Pioneers and Theater in the Pines. Traditions were restored, camp songs passed along and once again the sounds of boys and girls at play were heard in the pines.

In 2004, facing the hard realities of a start-up business, a task force was created by the Wavus Foundation Board to assess the future of the organization. This led to discussions with Camp Kieve and ultimately to the July 2005 merger of the two great camps. The two boards of directors joined to create Kieve-Wavus Education, Inc. The summer of 2006 brought new life to Wavus as it opened its next chapter as Wavus Camp for Girls.

One of the common graces said at meals at Kieve-Wavus asks God to “make us ever mindful of the needs and feelings of others”, and the program, both in camp and on the trips, is designed to achieve that goal.

The underlying philosophy has always been that a minimum of rules, balanced by a large number of understanding counselors and a program of emphasizing free choice while de-emphasizing keen competition between individuals gives us the best chance for success. Our fundamental rule is that everyone has the right to be treated with kindness and respect.

THE WAVUS PRAYER (Before each meal)

Bless this food before us
And my friends gathered round
I am grateful for the roof above my head
And the floor beneath my feet
Rub-a-dub-dub
Thanks for the grub
Let’s eat!

Wavus Song

We spend our days at Wavus
In friendship and in peace
We strive to reach new places
We're free to learn and grow

We the girls of Wavus
Are committed to
Courage and Kindness
To all old friends and new

We the women of Wavus
Are committed to
Respect, responsibility
In all that we do.



JUNIOR WAVUS RESPECT – FIRST SESSION

First Row: Lulu Linkas, Jo Jo Henry, Elyse Curtis; Second Row: Aimee St. Germain, Elliott Stephanopoulos, Delia McCarthy, Mackenzie Jones, Grace Valaskovic, Aida Nahas, Boo Habibullah; Third Row: Genna Spears, Elise Hawkins, Eliza Pilkington, Hollis Steinberg, Morgan Warner



JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

First Row: Ashley Mercede, Jose Lacy, Charlotte Fisher, Paige Macfarlane, Kendal Parker, Kate Riley, Liz Jones; Second Row: Megan Stroud, Tori Darling, Winnie Glaser, Daisy Bristowe, Chase Melchionni, Frances Robinson



JUNIOR WAVUS COURAGE – FIRST SESSION

First Row: Missy Harney; Second Row: Molly Brigan, Katie Stevens, Kay Cochran, Gracie McCooe, Elsa Stuart, Chloe Sinel, Findley O'Brien, Charlotte Briggs; Third Row: Dylan Agran, Ellis Dougherty, Annalise Rodrigue, Jessica Woodhams, & Grace Greenwald



JUNIOR WAVUS KINDNESS – FIRST SESSION

First Row: Masi Habibullah, Becks Slack; Second Row: Mead Coughlin, Sam Leslie, Grace Devine, Eleanor Barzun, Charlotte Epker, Elizabeth Fay; Third Row: Sarah Newhall, Cloey McNichol, Sophie Rockefeller, & Libby Mensch



ALGONQUIN – FIRST SESSION

First Row: RyRy Hennessy, Lucy Wilmerding, Maddie Thompson, Norah Adler;
 Second Row: Camille Clancy, Katie Danz, Chiara Kremer, Eloise Hartford, Poppy Doolan, Abby Slimmon; Third Row: Nicole Saridakis, Caroline Sapir; Fourth Row: Emer Kilgallon, Delia Duggan, Raegan Harrahy



MOHAWK – FIRST SESSION

First Row: Olivia Grubb, Emmy Wagg, Lauren Bassett, Melanie Lim; Second Row: Hayley Oleynik, Julia Welter, Taylor Wallace, Carly Tilson, Amelia Carey, Lulu Larkin, Reagan Snyder; Third Row: Logan Truluck, Sydney MacKeigan, Sammy Speegle, McKenna Goldstein



CHEYENNE – FIRST SESSION

First Row: Margo Williams, Leah Antonatos, Julia Binder, Ceci Fletcher; Second Row: Mandy Mathias, Elle Christine, Lily Alberding, Lucy Caffrey, Liv Falk, Jesse de la Bastide, Mary Kate Holmes, Lily Dlin; Third Row: Emily Hebert, Cat Hendricks



CAYUGA – FIRST SESSION

First Row: Ellie Blue, Caroline Insley, Maggie Linehan, Ellie Blue, Hadley Cashman, Amelia Schelle; Second Row: Franke Wurzelbacher, Megan Powers, Taylor Keefe; Third Row: Mimi Bransfield, Ellie Hopkins, Emory Gatchell, Eliza Lord, Lilly Gaul



CHEROKEE – FIRST SESSION

First Row: Sommers Kline, Meg Alberding, Ellie Sandt, Brooke McLanahan, Ali Peterson, Carla Pillet-Anquetin; Second Row: Frannie Gurzenda, Toni Hall; Third Row: Mackenzie O’Gara, Brookie Harvey, Elaina Hawkins, Elise Johnston, Jessie Hill, Maeve Slack-Watkins



NARRAGANSETT – FIRST SESSION

First Row: Hannah Moller, Devon Parker, Lins Belisle, Tori Glaser, Lily Goltz, Elizabeth Robbins-Cole; Second Row: Hannah Flagg, Isa Hogshire, Charlotte Meyercord, Caroline Fearey, Anna Sandt, Sky Dunfey; Third Row: Carly Shea, Camilla Gowen, Lindsey Harrison



OMAHA – FIRST SESSION

First Row: El Smith, Katie Hartzell, Ella Engel, Kate Schlager, Raven Whyles, Effie Nathan; Second Row: Dylan Alles, Ellie Del Guercio, Blake Cote, Lila Knott, Caroline Wider, Bee Crudgington; Third Row: Merrill Truluck, Bennett Dolan, Laura Friel, Charlotte Perkins



OJIBWAY – FIRST SESSION

First Row: Kelly Slimmon, Claire Wilson, Kathryn Antonatos, Sophie MacKeigan, Crinny Woloson; Second Row: Lane Kizziah, Eliza Pohle, Grace Pelosky, Isabelle Stone, Georgia Dettmann; Third Row: Pamela Steger, Tja Shorr, Emma Murphy



OSAGE – FIRST SESSION

First Row: Buckley Norman, Moe Thompson, Sophie Pruett, Margaux Suinat;
 Second Row: Anoushka Kiyawat, Mairead Kilgallon; Third Row: Sarah Speegle,
 Caroline Carpenter, Anika Shorr, Symmi Auber, Lulu Nix; Fourth Row: Courtney
 Krolikoski, Claire Hirschberg, Alice Lazare



SHAWNEE – FIRST SESSION

First Row: Cricket Dotson, Katharine Dougherty, Lily Epstein, Claire Donovan;
 Second Row: Sara Scholsser, Ellie Baker, Kaitlin Wilson, Jordanna Roet, Katie
 Caffrey, Claira Sanborn, Krista Cote



AT SEA I – FIRST SESSION

First Row: Quail Bell, Mac Peters, Kat Geppert; Second Row: Cam Grimes, Katherine Jessup, Caroline Jessup, Emily Huber, Alina O'Brien; Third Row: Sabrina Soros, Sabrina Eisen, Isabel Canning, Anna Morse, Georgia Gurney



AT SEA II – FIRST SESSION

First Row: Claire Lupo, Casey Sutton, Molly Weegar; Second Row: Isabel Adler, Sam Rooney, Austin Gatchell, Sophia Linkas, Margaret Dent, Brooke Bowhay; Third Row: Zozo Fox, Syd Graul, Margaux Forcione, Alix Archambeau



ALLAGASH I – FIRST SESSION

First Row: Katie Chandler, Allie Riker, Camille Falezan, Abby Tanen, Livia Fries;
 Second Row: Mary Strang, Sasha Hodges, Tess Kruyt, Dede McKelvy, Honor Paine, Emma Cusano, Katie Paige



ALLAGASH II – FIRST SESSION

First Row: Annie Miller, Shelby Hetherington, Claudia Washburne, Charlotte Phillips, Chloe Kabuisch; Second Row: Claire Yost, Kailey McKenna, Chapin Clark, Alice Hudson, Izzy Meyercord, Rachael Lurker, Kelsey Sullivan



LONG VOYAGE I – FIRST SESSION

First Row: Taylor Lord, Liv McCahan, Banks Dotson, Sophie Jensen, Lexee Pinsky;
Second Row: Annelise Vought, Marge Tucker, Logan Faulkingham



LONG VOYAGE II – FIRST SESSION

First Row: Lauren Page, Liv Small, Cynthia Kellett, Abbie McIvor; Second Row:
Phoebe Walker, Oriana Smith, Brooke Mullen, Sarah Hart



MAINE TRAILS – FIRST SESSION

Front: Emma Mazzuchi, Maddie Cross, Audrey Bransfield; Back: Casey Ross, Quincy Snellings, Bethany Preuss, Abigail Bartram, Diamond Stevens, Courts Bliss, Claire Benning, Alina Drufovka





JUNIOR WAVUS RESPECT – SECOND SESSION

Front Row: Emily Hebert. Camille Clancy; Second Row: Claire Lupo, Izzy Nielsen, Kara Dominick, Eliza Clark, Frances Smith, Olive Padgett, Brooke Stanford, Boo Habibullah; Third Row: Pientje Kruyt, Grace Frulla, Kiki Kavanagh, Charlotte Imperatore



JUNIOR WAVUS RESPONSIBILITY– SECOND SESSION

Front Row: Cat Hendricks, Sophia Rogers, Alex McVean, Alexandra Touliatos, Rachel Lewis, Marina Theodoropoulos, Bee Crudgington



JUNIOR WAVUS COURAGE – SECOND SESSION

First Row: Bay Crosby; Second Row: Claire Donovan, Portia DeSimone, Lily Castraberti, Ellie Pierson, Ella Buchanan, Missy Harney; Third Row: LivT eufel, Ayomi Wolff, Kennedy Roller, Becca Silver, Lila Whitman



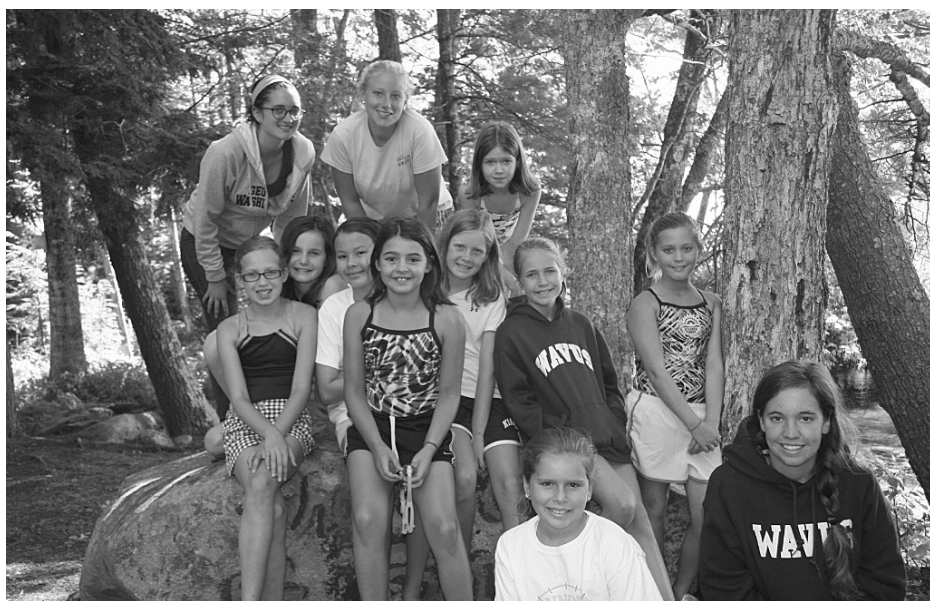
JUNIOR WAVUS KINDNESS – SECOND SESSION

First Row: Brooke Bowhay, Abie McIvor, Masi Habibullah; Second Row: Sarah Smith, Sara Fallon, India Doyle, Waverly Moller, Cora Hutchinson, Greta Horgan, Caeden Bright; Third Row: Sky Cole, Kate Weston, Lucy Leen, Emma Mansourian, Virginia Norfleet



ALGONQUIN – SECOND SESSION

Front Row: Logan Faulkingham; Second Row: India Kline, Noa Deutsch, Honor Paton, Molly Gesner, Bridget Wilson, Charlotte Briggs; Third Row: Vivian Gal, Andrea Garza



MOHAWK – SECOND SESSION

Front Row: Lucy Del Col, Ashley Mercede; Second Row: Anne Seaman, Carter McGlooin, Elena de la Fuente, Anna Krush, Sydney Donlan, Whitney Foote, Addie Sears; Third Row: Sara Schlosser, Charlotte Perkins, Sara Lewis



CAYUGA – SECOND SESSION

Front Row: Lila Saligman, Fallon Redding, Bentley Anderson; Second Row: Kendall Beladino; Third Row: Zoe Atchinson, Bethany Preuss, Abba Wilson, Katie Reed, Elizabeth McVean, Anna Pelligreen, Julianna Cimral, Kelsey Sullivan; Fourth Row: Julia Chai, Fallon Redding, Bentley Anderson



CHEROKEE – SECOND SESSION

Front Row: Courtney Krolikoski, Alli Henning, Pam Steger, Liz Pelligreen; Second Row: Sophia Hill, Sophie Barr, Gracie Lawlor, Anna Schiff, Story Hentoff, Katharine Cullison-Shimada, Paula Coraspe; Third Row: Clara Gal, Madeline Potter, Abby Burrows, Marthe de Leyritz



NARRAGANSETT – SECOND SESSION

Front Row: Emma Murphy, Claire Yost, Alice Lazare; Second Row: Perry Maner, Alicia Lawrence, Meriel Doyle, Annie Tucker, Lindsay Kaback, Piper Alban, Ryan Stanford, Catherine Pelligreen; Third Row: Lily Melas-Kyriazi, Mackenzie ElKadi, Page Proctor, Claire Donlan, Emma Rossi



OMAHA – SECOND SESSION

First Row: Caroline Olesky, Riley Hicks, Zoe Deutsch, Betsy Dietze, Carter Norfleet; Second Row: Katherine Polyzoides, Lindsey Reilly, Anna Wood, Ellie Villano, Katie Miller, Anna Patricelli; Third Row: Julia Welter, Carly Shea, Genna Spears



OJIBWAY – SECOND SESSION

Front Row: Marge Tucker, Ella Moxcey, Hannah Clifford, Daniella Porras-Sholes, Louisa Rose, Julia Lyne, GiGi Imperatore, Aimee St. Germain; Second Row: Poppy Doolan, Claire Brady, Hayley Willner, Anna Hatch, Betsy Hunt, Caroline Haywood



SHAWNEE – SECOND SESSION

Front Row: Casey Sutton, Kat Geppert, Katie Paige; Second Row: Sara Essig, Emmy Byford, Anna Leonardi, Luli Taddei; Third Row: Lila Brady, Lily Kuhn, Amelia Coffey, Bailey Ytterdahl



ABENAKI – SECOND SESSION

Front Row: Katie Danz, Caroline Hall, Sylvie Parkus, Elyse Curtis; Second Row: Francke Wurzelbacher, Quinn Alban, Ji Visconti, Bridgette Warner, Lucy Rickerich, Holly Smithberger; Third Row: Tiki Haub, Ellie Alban, Kalea Gale, Louisa Kelly



AT SEA I – SECOND SESSION

Front Row: Megan Stroud, Sommers Kline, Toni Hall; Second Row: Jenaya Rogovin, Deja Chambers, Eloise White, Vali Krueger; Third Row: Ingrid Sant, Alina Durach, Alex Bosman, Katie Zajkowski, Gigi Henry



AT SEA II – SECOND SESSION

Front Row: Molly Brigan, Taylor Keefe, Christine Reighley; Second Row: Nat Unger, Charlotte Del Col, Madi Gesner, Edie Frederick, Emily Talpey, Julia McArthur; Third Row: Emily Brown, Kate Haering, Nicky Fox, Martha Bishop, Lily Tromanhauser



ALLAGASH I – SECOND SESSION

Front Row: Sky Dunfey, Brooke Kelly, Louise de Leyritz, Grace Robinson, Caroline Peters, Courtney Close, Becks Slack; Second Row: Emily Townley, Haley McGlooin, Natasha Lowitt, Georgia Brown, Alexa Fiszer



ALLAGASH II – SECOND SESSION

Front Row: Hannah Flagg; Second Row: Mandy Mathias, Gabby Chapman, Abby Heher, Ellery Hicks, Gabby Lawrence, Megan Powers; Third Row: Caroline Rintoul, Brookie McIlvaine, Helary Gladstone, Sarah Wilson, Molly Tucker



ALLAGASH III – SECOND SESSION

Front Row: Dylan Alles, Lauren Page, Alina Drufovka; Second Row: Gretchen Alexander, Olivia O'Bryan, Marlay Smith, Clara Parkus; Third Row: Laura Merlo-Pich, Linzi Mund, Eliza Sitz, Hannah Hicks



LONG VOYAGE – SECOND SESSION

Front Row: Emma Landes, Rebecca Cibbarelli, Quincy Snellings; Second Row: Frances Robinson, Rose Chiarello, Lauren Raimbeault, Zoe Alles, Olivia Darnell, June Schellscheidt; Third Row: Rachel Libby, Abigail Summerville, Lindsay Stewart, Alison Obstler, & Simone Unger



MAINE TRAILS – SECOND SESSION

Front Row: Kailey McKenna, Alexandra O'Bryan, Caroline Wilson, Emma Howard, Hannah Barner, Sofia Ramirez, Mary Strang; Second Row: Dayla Pascador, Darby Philbrick, Hannah Schott, Meghan Miller

A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin straightening
9:30 - 10:30 a.m.	First Activity Period
10:35 - 11:35 a.m.	Second Activity Period
11:40 - 12:15 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:30 p.m.	First Activity
3:33 - 4:35 p.m.	Second Activity
4:40 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:30 - 8:30 p.m.	Evening Activity
8:30 p.m.	Flag/songs
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With...

ARCHERY	ENVIRONMENTAL	POTTERY
ARTS AND CRAFTS	DISCOVERY	TENNIS
BOATING	FISHING – spin cast and fly	ROPES
Sailing, canoeing,	FIELD SPORTS	RIFLERY
kayaking	Soccer, kickball,	SWIMMING
BAKING/COOKING	badminton, volleyball,	WOODWORKING
	basketball	

And In The Evening With...

Cooking, board games, knitting/crocheting, drama/improv, music, Wavus Log (newsletter), water volleyball, talent shows, specialty crafts, community service, star gazing with a telescope, evening fires with storytelling and s'mores!



First Session

Counselor On Duty Reports

June 26

Directors

FIRST DAY OF WAV '12!!!! We have been looking forward to this day since the last day of Wav '11! Thanks to Marge's countdowns throughout the year and a stellar staff training week, the Wav '12 team of counselors, clad in yellow this year, was more than ready to welcome back the Wav girls! It was great to see all of the familiar faces and welcome new faces. We spent all day welcoming campers and families, making sure to have a little fun with our walkie talkies...I mean RADIOS! Around dinner time, Kadair arrived with the bus! Girls all the way from Philadelphia to Boston had spent the day travelling to 88 Wavus Point Road and we made sure that from the moment they stepped off the bus that it was going to be the best summer EVER! Dinner was a lively occasion as usual; shout out to DJ Joe "GI" Tatem. After dinner it was time for a beloved Wavus tradition- council fire. Nancy introduced the crew and as we sat under the old pines listening to her words of wisdom and the crackling of the fire, we knew this was the start of something exciting. CAMPTASTIC!

June 27

Directors

At the sound of the bell, Wav '12 crawled out of their bunks, took a nice deep breath of fresh Wavus air, and headed for flag. The beginning of a new era. Now, Wav '11 will certainly go down in the Wavus history books as remarkable. Fondly referred to as

"The Year of the Unknown," Wav '11 was bigger, weirder and louder than any previous year. The culture of the Wav girl had been established. As we stood around flag that morning, we were charged with a new mission - to take what we had created in Wav '11 and go even further! We were ready to take full advantage of each day of Wav '12 - sunup to lights out. After a Beach Boys-themed breakfast (bluebs have never tasted so good!), we set off for a day of swim tests, pictures, and general excitement. It wouldn't be the first full day of camp without a good round of Escape to Freedom! We headed back to our cabins for lights out, ready for a new day.

June 28

Wild Animal Day at Wavus!

Thursday began with flag and the wise words of Mufasa from *The Lion King* to set the mood for a day of Wild Animals at Wavus. Morning activities were greeted by sunshine and included ropes, kayaking, woodshop, waterfront, and archery. During the afternoon the campers enjoyed activities all over campus from the H.S. swing at the ropes course to the slip and slide on the hill. Wavus was bursting with energy left and right. The girls channeled this energy into a flash mob dance at dinner followed by a wild animal safari for the evening activity. The night ended with a dance party in Jewell to celebrate the first day with a normal daily schedule. Wild Animal Day was a great success thanks to the love, kindness, respect and smiles shared by all.

June 29th

Nerd Day!

Today was Nerd Day at Wavus, and we had so much fun embracing our inner nerd. Everyone took the day very seriously, and showed up to flag with their shirts tucked in, shorts up high, and glasses taped. At breakfast, we said goodbye to Long Voyage II, who left for their 19-day adventure in Baxter and on the Allagash. The morning activities were normal camp activities but the afternoon activities ranged from textbook tennis, suspender making, poetry on the porch and reading on the sunscape. Wav girls love to read!! It was a beautiful afternoon, and girls enjoyed island swims, coleman cooking (cinnamon rolls on the camp stoves - yum!) and watercolors on the causeway! At the end of afternoon G-Swim, the skit theme was "Katie Paige's First Day of School." They were quite entertaining. After dinner and popsicles we had a great evening activity, which was an egg drop challenge. The girls came up with some great skits, which explained the story of their eggs, and then they made some contraptions to hold their eggs and keep them safe when we dropped them off the porch. All of the cabins did an awesome job, and only one of the eggs broke when we dropped it! All in all, the day was a lot of fun, and it was so great to see everyone embrace and accept Nerd Day in their different ways!

Saturday, June 30

Air Guitar

Carly Shea

This morning the loons were calling and the wind was howling. However, they were no match for the great and talented Whitney Houston. Whitney arrived early this morning to lead the

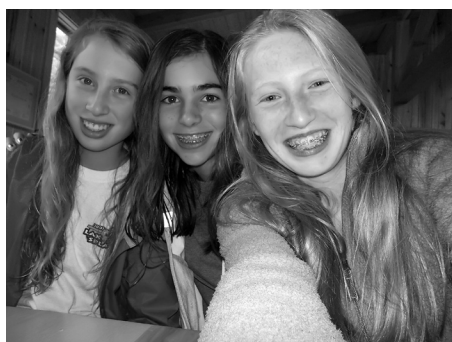
girls in the famous Air Guitar night. Throughout the day the sun was shining with temperatures into the 90's. We had activities such as archery, swimming, bridge jumping, ice cream, and even the high speed swing. Our mission was completed for a fun-packed day! After our second general swim, the girls got together with their cabin mates and practiced the act which they would put on later that night at Air Guitar. The night was full of laughter and craziness which is no surprise for Wavus. After the cabin performed their songs, we gathered by the flag, sang our Wavus song and called it a night. Needless to say, Whitney was impressed!

Sunday, July 1

Elders Day

Krista "Pat" Cote

Hey every one of Wavus, it's Pat! Today the theme was elderly day, all the girls ran around as old women with suspenders and pants hiked up to their belly buttons! We all waddled around from activity to activity, and then slowly participated in a relaxing hour of knitting, brooch making, storytelling, and scrabble. Today was the first Sunday of camp, we were all able to sleep in an extra half an hour, and then stuffed our faces with wild donuts! After breakfast we shuffled to Chapel and read inspiring quotes and poems for the whole camp. Everyone cleaned their cabins today, because it was cabin inspection day! It rained cats and dogs in the afternoon, but cleared up in time to go swimming. After supper, which was an incredible chicken dinner, we played a riveting game of BINGO! We were able to play three rounds of Bingo, and then the girls were treated to popsicles! Today was a darn tootin' fun day, and I hope



to come back to Wavus soon!

Love Pat!

Monday, July 2

Wavstock

Quail Bell

Today's theme was WAVSTOCK (Wavus + Woodstock). It was a day of getting in touch with nature, a day of relaxing and a day filled with arts and crafts. We started out the day reading a poem by Nanao Sakaki, it read: Soil for Legs, Axe for Hands, Flower for Eyes, Bird for Ears, Mushroom for Nose, Smile for Mouth, Songs for Lungs, Sweat for Skin, Wind for Mind, Just Enough. At morning gathering circle, the girls played the Wizards, Elves and Giants version of rock, paper, scissors. All of the morning activities ran smoothly and included riflery, HS swing, pottery, sailing, archery, portaging by the Allagash cabins and drawing in the Owls Nest. For lunch we ate egg salad, chicken salad and vegetarian wraps along with a salad bar and tomato soup. For afternoon sign-ups, counselors did their skits for their activities and included Space Club, Pet Rock Painting, Board games, Recycled Artwork, Yoga, Mystery Van, S'more making, Making Playdough, Belly Dancing, Splatter Painting and Pottery. All of the activities were awesome and all the girls had so much fun. For dinner the kitchen staff made us turkey alfredo, steamed broccoli and carrots and salad. WAVSTOCK was the evening activity and it was a mini festival that had Tye-Dyeing, Friendship bracelets, Hairwraps, Headbands, Dreamcatchers and Fringing shirts. It was a free-for-all where all the campers could float around and do what they wanted. Overall it was a very relaxed day. Campers could be seen wearing

tye-dye, flowers and peace signs and very colorful printed shirts.

Peace, Love, and Wavus!!!

Tuesday, July 3

Wavus Olympics

Charlotte Perkins

Today was the 1st annual Wavus Olympics! We had beautiful weather all day with smiles all around. The message for the day was to work with your cabin and through teamwork, great things can happen. Each cabin was given a country and worked their colors all day with so much cabin spirit. For breakfast we had muffins, yogurt and a beautiful spread of fruit. During the morning, cabins were on different activities such as ropes, archery, canoeing, pottery, kayaking, Wavus waves and art. After the morning festivities were done, all the campers went to general swim to cool off. For lunch it was Taco day!! This is one of the camper's favorite meals so lunch was very enjoyable. After rest hour we had some really great afternoon activities of jewelry making, flag making, synchronized swimming, archery, aqua zip, fishing, and a mystery boat trip over to Kieve to help capture Nancy back for the evening. For dinner we feasted on peppers and sausage with salad and rice, too, it was such a delicious dinner. Our evening activity consisted of different Olympic relays. We had an opening ceremony and each country was introduced, and when that was done, each cabin went to their designated station and worked together as a team to accomplish the task put forth. Over all it was a great day with a lot of energy and team spirit!!

Wednesday, July 4

4th of July

Julia "Juge" "Jooj" "Juuj" Welter

The entire camp came to flag decked out with their 4th of July Spirit! We began the morning with the inspiration of "Land of the free and home of the brave". We encouraged the girls to try new things, be proud and be themselves. We also reminded them to remember the true meaning of the 4th and to be great full for what they have and the country they lived in. We all had a lively breakfast in the decorated Jewell with country music and red, white and blue everywhere! The theme continued throughout the day with face painting, flag making and even a pool party! For lunch we had a delicious barbeque with ribs, corn and popsicles! During the evening activity the entire camp was able to come together for a game of capture the flag. We divided the teams up by team America and team Wavus. After an hour we had to call it a "Wavus tie" so that we could all enjoy strawberry shortcake! The 4th was one of the best days at Wavus thus far!

Thursday, July 5

Superhero Day

Katie "DJ" Danz

Overnight, the campers of Wavus Camp for Girls were transformed into their super aliases. At 8 a.m. sharp, all the girls came down to flag in their capes, masks, and underwear over their pants ready to start the day. The day's message was straightforward and encouraged the girls to focus on the words bravery and endurance and, while passing through both the morning and afternoon activities, we found just that. For example, some girls were brave and did pain dives

for skits during general swim, while others were courageous enough to go down the aqua zip. As for displaying endurance, there were several girls that had trouble while climbing, but stuck to it and made it to the very top! Having these two words in mind throughout the day was a great reminder as to what Wavus is all about as well. Another special aspect of the day that fed into the idea of "superhero day" was the arrival of the Junior Wavus girls! As a superhero is a role model to many people, the full session girls are role models to the Junior Wavus campers. There was a great hype in welcoming all of the campers and excitement was had by all. As an evening activity, we used the baseball field and played a game involving dodge ball and "dynamite". It was heroes versus villains and after a two-round game series, the heroes defeated the villains. All in all, the campers realized how many powers they truly hold within themselves and had a super day!

Friday, July 6

Mad Scientist Day

Krista "Pat" Cote

Today was Mad Scientist day! Throughout the day we took part in science experiments such as building volcanoes, chairs out of newspaper and cardboard boats. The weather was gorgeous and it was the first day in a few days without a single raindrop. The girls had sandwiches for lunch, finishing with fudgesicles, and took part in activities such as making plastic out of glue, creating salt pendulums, and turning household cooking supplies into a lava lamp. This was the first full day of Junior Wavus and the energy was at an all-time high with girls running around in scientist



attire. For the evening activity we played a game of manhunt, infected lab mice versus the scientists. Everybody won and participated in a crazy dance party!

Saturday, July 7

Wavus Day

Christine Reighley

Today's theme at camp was Wavus Day where we took extra time (more than we normally do) to appreciate what Wavus has to offer. We announced the theme at flag the night before so all the girls knew to be decked in Wav spirit from head (mentally) to toe (physically). When it came time for morning flag, the whole camp had unanimously joined together to bring a spirit to the camp that it had not yet seen. Everyone was enthusiastic in their tones of voice and energetic with their motions. The morning activities focused on getting various qualifications to help build spirit. To spice it up, we brought over a Kieve counselor to show him how special Wavus was and teach him some of our traditions. This was our form of retaliation from when they kidnapped Nancy earlier in the session. While at Wavus, the Kieve counselor joined activities and the girls welcomed him, included him, and showed him the ropes. He left before the afternoon G-swim. After general swim, the Junior Wavus campers hurried down to the soccer field to set up their tents in preparation for the campout later that night. For the evening activity, we gathered in the Jewell for a camp-wide game of Jeopardy. Categories for this game included "Wavus Life," "Wav Quals," "Ye Old Wavus," "Tripping," and "Counselor Factoids." After some great brainpower exerted by the girls, we rewarded them with a two-song

dance party, then headed to flag to close the night. The JW girls went to the cabin quickly before going to sleep in their tents.

Sunday, July 8

Wav Gets Weird

Emma Murphy

Today we woke up to a beautiful morning and delicious breakfast of wild doughnuts, a Sunday tradition. The campers were dressed to kill in the weirdest ensembles they could find, as the theme of the day was 'Wavus Gets Weird'. Much of the morning was occupied by a chapel service in which a number of campers and counselors shared things that were meaningful to them about camp. The remainder of the morning was spent in a cleaning frenzy as inspection by the directors loomed. Once every cabin had been thoroughly inspected, we enjoyed a wonderful Sunday lunch with some of our Kieve brothers. After lunch, the afternoon was spent partaking in various "weird" activities such as water balloon palooza and space club. At dinner, a number of the counselors suddenly acquired weird habits such as singing out of tune or laying eggs; a number of laughs were had at their expense. The evening activity was a talent show and it proved to be the weirdest activity of the day. Each cabin performed a unique talent which rounded out the day's theme of expressing one's self and appreciating other's uniqueness.

Monday, July 9

Country WAV

Mandy Mathias

Today's theme was 'Country Wav'. We started the day by raising the flag in our flannels and denim and reflecting on the idea of kindness. The girls

were encouraged to say 'please' and 'thank you' more frequently and to lend a helping hand to those in need. It was sunny and clear skies all day and all the girls enjoyed participating in outdoor activities, and listening to country music at meal time. The evening activity was square dancing, and the girls all learned three dances: a basic square dance, the cotton-eye joe, and the hoe-down throw down. We practiced all the dances outside on the sports field overlooking the lake as the sun set. Everyone enjoyed all the fresh air and fun times. At the end of the evening we lowered the flag and gave thought to our actions throughout the day and all that we have to be grateful here at Wavus.

Tuesday, July 10

Iron Chef

Claire Hirschberg

The day began without a cloud in sight as campers gathered at flag to begin another day at Wavus. We opened the day with the message to appreciate Wavus and enjoy camp for all that it is. We encouraged the girls to take a moment to reflect on how amazing camp is and to take a moment to appreciate how lucky they are to be here. After raising the flag we eagerly ran off to enjoy a delicious breakfast of the usual fruit and yogurt, plus some delicious croissants and chocolate chip muffins. After cabin duties and clean up the girls headed down to gathering circle where we sang silly camp songs until first activity period. After a full morning of different cabin activities from the aqua zip to tennis, the girls had a jump contest at G swim before heading to Jewell for Taco Tuesday!

The afternoon sign-ups for the day included fishing, war canoeing, and

an island swim treasure hunt. The girls had an amazing time! After a delicious dinner of Chinese food the girls went back to their cabins, curious as to what was going on for evening activity.

Much to the excitement of the girls the activity for the night was IRON CHEF!!! The girls were split into teams for a camp stove brownie cook-off to be judged by a team of counselors and celebrity guest judge, and old Wav favorite, Whitney Houston! All the brownie concoctions were delicious and it ended with all the brownies winning high marks from the staff and campers. After flag the girls went off to bed with full stomachs and high spirits looking forward to the last few days of camp to come.

Wednesday, July 11

Old Fashioned Camp Day

Genna Spears

Today at camp we traveled back in time and embraced the simple things. Respect cabin arrived at flag dressed in prairie dresses and straw hats. The special at breakfast was pancakes and sausages providing campers with a morning of energy! At gathering circle we played a game called telephone, similar to capture the flag. A few hours later as lunch was wrapping up, four of our Wavus counselors participated in a pie eating contest in spirit of the old school theme. By the end, their faces and clothes were covered in chocolate cream pie and the campers devoured what was left. It was quite the excitement. The activities and dinner went well and to finish off the day we had a campfire. There was a joyous amount of chanting, singing, musical instruments, and s'mores! It was a great day here at Wavus!



Thursday, July 12
So You Think You Can Dance
Liz Jones

Today was another beautiful day at Wavus. Campers were in the mood to dance and express themselves whenever they were given the opportunity. The sunny day put everyone in a good mood for camp life! The afternoon activities included many options of ways to use expression. Some included interpretive dance, belly dancing, kayak dancing, synchronized swimming, water coloring and finishing up last minute traditional camp activities for the JW session campers! The evening activity, "So You Think You Can Dance," was hosted by Wavus's own Katy Perry. Each cabin put on their own dance routines to some of their favorite popular songs. It was awesome to see the campers' creativity and watching them working together in their cabin groups! We ended the night with the traditional crazy Wavus dance party.

Friday, July 13
Carnival
Frances Robinson

Carnival Day at Wavus was a blast!! It was the final day of the Junior Wavus program on campus and the campers really gave it their all. Activities ran normally in the morning and many girls worked on completing their qualifications. After lunch, as the Junior Wavus girls packed up their bags, staff members of each cabin set up the surprise Carnival. We had lots of fun things on campus such as a moon bounce, dunk tank, slip and slide, races, volleyball, and archery. The girls also enjoyed fun carnival style food and were dawned with henna and face paint under the sun-scape. Counsel Fire was the evening activity and

Junior Wavus counselors dedicated a ray of the totem to each cabin. It was a wonderful way to end a beautiful and fun day!

Saturday, July 14
Finding Nemo
Franke Wurzelbacher

The theme of the day was Finding Nemo. We told the girls at Flag that Finding Nemo was about letting go of the past to have a brighter future. They were challenged to do the same thing; to forgive past indiscretions, prejudices, and judgments. The directors made cinnamon doughnuts for breakfast, along with the usual cereal, granola, yogurt, and fruit. After breakfast, the girls did a cabin clean-up because there would be a Cabin inspection later. The winner of inspection was Omaha and honorable mentions went out to Shawnee and AT Sea II. At 10:30 a.m., everyone headed down to the Outdoor Classroom for Chapel. Nancy opened Chapel with some inspirational words that encouraged everyone to come up and share something with the camp. We sang a couple of songs, and then girls started to come up and share something special with the group. Both AT Sea cabins, having just gotten back from trip the day before, came up and shared what they had learned on trip and what they thought the letters in Hiking and Kayaking stood for.

At lunch, Kieve siblings arrived and ate with us and Allagash I made their entrance back into camp. Afternoon activities included the aqua zip, belay school, "surfing the EAC" (paddle-boarding), treasure hunting at the waterfront, fishing and races. Some cabins even went for a trip to the beach!

After dinner everyone went back to

their cabins to change into a bathing suit and get their cabin cameras for an evening activity of a scavenger hunt for Finding Nemo. There were 8 stations, and at every station they had to complete a task as a cabin, such as a wheel barrel race or a human pyramid. Then they had to find the Nemo that was hidden in that area. Once they had made the rounds, they were instructed to go to the sports field where a water fight broke out with super soakers, water balloons and sponges. When the water fight was over, we gathered everyone around the Flag, reflect on the day's activities and sing the Wavus song. The day seemed to be a great success!

Sunday, July 15 **British Invasion** **Missy Harney**

Today at Wavus was British Invasion day. This day showed how it was ok to be different. In the morning we opened with a quote saying, "A woman is like a teabag; you never know how strong she is until she gets in hot water." (Eleanor Roosevelt) This quote means that the differences in people can make them a stronger person. For morning activities we all went down to the waterfront to have a pool party because of the hot weather. Then in the afternoon we had different activities that were British and different such as painting scenes from our various wilderness trips with watercolors, fishing, drinking tea and eating cucumber sandwiches, and swimming across the "channel" to the island. The evening activity was called "Escape to Britain" this game had the kids running around looking for three counselors that were dressed up in the colors of the British flag. After evening activity we had some ice cream

to cool down. We lowered the flag for the night and expressed that being different is a good thing and that the unique qualities in people make life exciting. Overall today was a lot of fun and everyone enjoyed being British for a day!!!

Monday, July 16 **Holidaze** **Claire "Clupo" Lupo**

Today Wavus celebrated all of the holidays in one. We started off the morning surrounded by presents and winter wonderland decorations for a breakfast of eggs, bacon, fruit, yogurt, and bagels. While Algonquin, Cherokee, and the A.T. Sea cabins left for a day at the beach after breakfast, the rest of camp participated in morning activities with their cabin such as making pottery, gliding down the aqua zip, meditating with yoga, making signs in woodshop, canoeing, and planting vegetables in the new Wavus Garden.

For lunch we switched over to the Fourth of July and enjoyed the summery, American meal of hot dogs and hamburgers, corn on the cob, pasta salad, and watermelon. After lunch campers signed up for afternoon activities such as sailing the Mayflower, Leprechaun Houses, Valentine Cards, Halloween decoration and mask making, hair wraps, island swims, painting watercolors at the causeway, and a trip to Kieve for rock climbing. The cabins that spent the day at the beach returned to camp just in time for G-Swim and enjoyed splashing and diving for rocks to escape the intense heat of the day.

After a Thanksgiving feast of turkey, mashed potatoes, sweet potatoes, peas, stuffing, and salad for dinner, things turned spooky as Halloween took

over the evening and campers hustled back to their cabins to turn them into haunted houses. Screams of both fear and delight were heard throughout the evening as each cabin showed each other their work as scary characters for the occasion. We finished the night with a quick snack of Halloween candy and then lowered the flag and retired to bed.

Tuesday, July 17

Twin Day

Megan "Stroud" Stroud

Today was twin day at Wavus and we were seeing double around camp all day. After a traditional camp breakfast of waffles, which was slightly delayed after an exciting jungle-themed entrance from Long Voyage II after their 19-day trip, the multiples headed out for morning activities, which included everything from tennis to ropes. Despite the less-than-ideal weather, there was still a good showing at General Swim where we saw lots of synchronized swimming and diving in honor of twin day. At lunch it was Taco Tuesday, which kept spirits high even with the interruption of rain. Afternoon activities included jewelry making, island swims, ropes and fort making. There was also some cardboard box-car making for our evening activity to make it a "drive-in" movie. After dinner we capped off the



day by watching "The Parent Trap" with Oreos and Sun butter along with some popcorn. It was a great way to end a grey day as we get ready for the finale of the first session of summer 2012!

Wednesday, July 18

Dice Day

Charlotte Briggs

Dice Day at Wavus had both the counselors and the campers on the edge of their seats waiting to see what would happen next every moment of the day. Counselor Christine started the morning flag ceremony after the dice rolled her number the night before. The dice were rolled many times throughout the day to determine everything from who would run breakfast to who would write the OD report. The dice also determined things like who would talk like Sara Taylor for a day, who would talk in alliterations or compliments, and who would walk backwards all day. In the morning, Counselor Poppy was rolled to come up with an evening activity. With only hours to prepare, Poppy kept with the Dice Day theme and announced the night would be Wavus Casino. The highlight of the night was the Horse Derby. Each cabin chose a counselor to be the horse and a camper as the jockey. The pair raced against the other cabins as well as directors, entertaining the audience of campers, counselors and directors to no end. Other activities included card games like Black Jack and Presidents. The night ended with Counselor Logan lowering the flag and discussing the lessons to be learned from Dice Day. We were reminded not to be thrown off-course or upset when the unexpected happens, and instead to just go with the flow.



Thursday, July 19
Fireworks and Jewelliano's
Logan Faulkingham
and Lauren Paige

Today there was a lot of excitement about fireworks and Jewelliano's around Wavus! There was no theme, but with the last days of camp closing in, there was much to do! Morning activities ran smoothly, and in the afternoon the women of Wavus were working on their qualifications. Everyone had a grand time at Jewelliano's, especially when Maine Trails made their grand entrance! Marshmallows and Oreos were falling from the sky after they ran around Jewel. Fireworks were a hit, as usual. Everyone returned to Wavus with the anticipation of the last day of camp.

Friday, July 20
Color Wars
Lauren Paige and
Logan Faulkingham

The last day of camp has arrived!

In the morning, packing was the main focus. Everyone was scrambling around collecting belongings, art projects and crazy creeks. After a lunch, the Color Wars began. The rivalry between J-Scoop and Round Top had started. Blue versus Red. The whole camp played color wars all afternoon. After one game, the kids wanted to play again, so of course a re-match had to take place. A Wavus tie was the result of Color Wars; 'til next summer!

After everyone rinsed off at G-Swim, dinner and the final session slide show presentation started! Getting to see pictures and moments from all of the trips was a special treat for everyone. After flag, we all headed down to the last council fire of the 2012 first session. Totems were shared, tears were running and paddles and blankets were distributed. After the candle ceremony, the cabins retreated to their cabins for their last night at Wavus.





Second Session

Counselor On Duty Reports

Tuesday, July 24

Second Session 2012 has begun! The counselors were up bright and early, ready to start another great session. The first campers started arriving after breakfast and everyone was having a great time showing girls and their families around. In the afternoon, we cooled off with lots of ice cream and fun games in the Jewell. Just before dinner, we heard the familiar sounds of the bus making its way down Wavus Point Road, beeping loudly! The entire camp ran out to the front of the Jewell to make the human tunnel to welcome the last of our campers. After lots of cheering, hugging and chanting, we settled down for our first meal all together as a camp. The food was delicious, as usual. Nancy greeted all of us and introduced everyone to the camp directors. When everything was cleaned up from dinner, we grabbed our Wavus hoodies and crazy creeks and lined up for one of our favorite traditions: Council Fire. Unfortunately, some unexpected rain rolled in so we moved Council Fire into the Jewell Lodge. Wav girls take these things in stride, and everyone was all smiles as we formed a large circle. Sitting in the dark Jewell together with only the light of the fire and listening to Nancy's words of wisdom made for another special and memorable Council Fire. As we shared songs and words of hope for our next three and a half weeks together, second session officially began and we were ready to make the most of each and every day!

Wednesday, July 25

First full day of Second Session '12! The first day of camp is always a little different as cabins make their way through cabin pictures and swim tests. Down at the waterfront, Captain Alex Danz, ruler of the mighty Wavus seas and at the helm of the Waterfront fleet (Marge Barge, Noodles 1-67 and Floats 1-4), brandished her lifeguard tube and radio with gusto. Our Wavus aqua fanatics took to the water like naturals and a survey of the scene promised another exciting year of Wavus Waves, Swim U.S.A. and overall general excellence from the Watery Wavus Women.

After dinner, it was announced that Wav '12 SII would be kicked off by an inaugural game of Escape to Freedom! A long standing Wavus tradition, going all the way back to 2010, Escape to Freedom was brought across the lake thanks to our Kieve brothers and the counselors of Courage 2010. We went through a record 9 gallons of green, brown and black paint this year; that was a 62% increase from last year!! Counselors basically vanished as they strategically painted their entire bodies camouflage! At the sound of the bell E2F began and for the next hour and a half, point to waterfront was engulfed in an all-out effort to discover the three freedoms and survive some very stealthy counselor tactics. When the dust settled, we were ready for bed.

Thursday, July 26

Hunger Games

Camille Clancy

Today's theme was the Hunger

Games. The kids were thrilled to have a chance to pretend to be in the games and experience them first hand. A game of stealth captured everyone's attention throughout the day and all became very competitive. In this game, everyone (including the directors and counselors) was given someone else's name and a few sticky notes. Their goal was to find that person and tag them with their sticky note without that person noticing. Once tagged, they would announce to the person that they successfully tagged them and that person would give the tagger the name of the person that they themselves were trying to hunt down and tag. This became quite intense as kids who before the game were strangers were now following each other around camp, trying to tag each other.

Archery was very popular amongst the afternoon activities (for obvious reasons), as well as fire making, knot tying and cooking S&M pancakes on the Coleman stoves. The day finished off with a very exciting evening activity which including a Cornucopia in the middle of the sports field and dodge balls. The kids tried to make it to the Cornucopia and capture the items without being hit by a dodge ball thrown by the counselors. The game was very successful and enjoyed by all. At 8 p.m. we lowered the flag and bid each other good night after a long and fun day of the Hunger Games at Wav!

Friday, July 27

Friday brought beautiful weather at Wavus. Cayuga left for an excursion to Hog Island for the night, and Cherokee hit the high seas in the Snowgoose. It was a classic camp afternoon as cabins spent the morning at activities. G-Swim

was particularly fun today. Almost every camper was in the water and the counselors on Float 3 spent the entire time leading us in every Disney song they could possibly think of.

For evening activity, we all got together for a camp-wide game of capture the flag! We were surprised with dessert from the Kitchen Staff after and ended the night with a dance party on the picnic tables at Club Jewell. Needless to say, Wavus is going to need a bigger stage next year!

Saturday, July 28

Rock Star Day

Mandy Mathias

Today's theme was 'Rock Star Day'. We started the day by raising the flag dressed like rock stars across generations and genres, from Gene Simmons to Lady Gaga, and everyone looked ready for a fun day. The girls were encouraged to put 100% of their energy into all that they did, much like rock stars who perform show after show with endless enthusiasm. At around 11:00 a.m. we were joined by Kieve and had a special visit from members of the Veterans Camp who came rolling down the Wavus Road on motorcycles and in old fashion cars. Everyone waved American flags to show their support for all that the troops have done for us. It was sunny and there were clear skies all day while the girls enjoyed participating in outdoor activities, and listening to rock music at meal time.

The evening activity was Air Guitar, and each cabin performed a choreographed dance to a song of their choice, and then it turned into a giant Wavus dance party! At the end of the evening we lowered the flag and gave thought to our actions throughout the



day and all that we have to be grateful here at Wavus. Everyone had a rock star good time!

Sunday, July 29

A Regular Day at Wavus!

Sommers and India Kline

The theme of today was "A Regular Day at Wavus". It was the first Sunday of the session so everyone slept in until 8:00. Breakfast was a Sunday special of home-made donuts and after cabin inspections, everyone headed down to chapel to share songs and quotes with a beautiful view of the lake. Afternoon activities included arts and crafts, the island swim, tennis and board games by the fire that somehow turned into pie eating contests.

The evening activity was "Top Chef" and using brownie mix and some surprise ingredients, the campers created dishes that were presented to a panel of judges. Every cabin had brownie mix as a base and other mystery ingredients such as chocolate, jelly, berries, potatoes and carrots. The dishes were creative and for the most part very strange. It was a pretty standard day at Wavus.

Monday, July 30

Wav Goes Green

Poppy Doolan

What a beautiful day to be celebrating the environment at Wavus! Today's theme was "Wavus goes green" and it could not have been easier to think about how important preserving Wavus is without a cloud in the sky. In the afternoon girls worked on reusing cardboard to make postcards, sustainable farming techniques, outdoor yoga, sailing, swimming, and a few even checked into our very own Wavus Day Spa! The EA was a

"green" fashion show. Each cabin was given a trash bag, duct tape, and an opportunity to scavenge in the woods for dead leaves and flowers to decorate the fashions they created. All in all, a wonderful day at Camp Wavus.

Tuesday, July 31

WAVUS APOCOLYPSE!

Brooke Bowhay

Today Wavus was transformed by a zombie apocalypse! The day started out as normal as any with a tasty breakfast of mini bagels and the usual assortment of fresh fruits, yogurt, granola, oatmeal and cereal. The ladies of camp had a big day of earning qualifications at archery, the ropes course, and Wavus waves. Other fun activities included yoga, pottery, campfire lessons, sailing, kayaking and jewelry making. After a mouth-watering, taco Tuesday lunch and an amazing dinner of Chinese food counselors were dressed up as zombies and we began our evening activity of Humans versus Zombies. It was an epic battle, but the zombies were too much for humans in the end. This theme was designed to teach the campers to take advantage of every day and show love to everyone they encountered, their environment, as well as themselves.

Wednesday, August 1

Shark Day

Dylan Alles and Claire Donovan

We woke up to light rain and cloudy skies here at the Wav, but that couldn't dampen our enthusiasm about the one and only SHARK DAY!! We raised the flag and encouraged campers to embrace what they can learn from things that might first scare them. After a delicious breakfast of French toast, which we ate while enjoying some under-sea themed music, each cabin

received a type of shark which they used to identify themselves for the rest of the day. And, lo and behold, the sun couldn't stay away from our JAWsome spirit and energy—the skies cleared right up during morning activities and gave us another beautiful summer day. Lunch, consisting of soup, sandwiches and salad, was punctuated by shark chants and songs!!

This afternoon held a variety of aquatic and shark-themed adventures and activities, including, but not limited to, a “Mystery boat” ride, paddle boarding, sailing and fishing on our new 15-foot boat, and island swims!! After the second general swim of the day, campers enjoyed a dinner of chicken fingers, potato wedges, and vegetables. The Evening Activity was a shark-themed obstacle course on the waterfront. Campers had a blast swimming from float to float avoiding “shark” counselors and completing challenges at each station. Following our game of shark attack, we had a dance party under the sunscape and ate Swedish fish “shark bait” candies. At evening flag we reminded the girls of the message of the day – conquering fears and cultivating a healthy respect for nature. We ended another great day at Wav with our camp song and the lowering of the flag.

Thursday, August 2

Wavus Wonka

Claire Yost

Today we woke up to a cloudy morning on Damariscotta Lake. This, however, would not put a damper on a Charlie and the Chocolate Factory themed day called Wavus Wonka. At breakfast it was announced that there were fifteen golden tickets hidden around campus and that whoever

found one could redeem it for a prize chocolate bar at lunch or dinner. Campers spent all day searching through trees, bushes, and some even found themselves searching on the floor of the lake where two tickets had been carefully placed. While all this excitement was taking place, the new Junior Wavus campers were quickly arriving, ready for their ten day taste of Wavus. The full session campers welcomed each girl with open arms and showed them what it truly means to be a Wavus camper at our first dinner together.

After a delicious dinner of spaghetti, meatballs and breadsticks, the JW campers marched off to their council fire. The rest of camp participated in a fun-filled evening activity of building candy cabins in the “Chocolate Factory.” Each cabin was broken up and given base materials such as frosting, graham crackers, and rice crispy treats. In order to win more candy for their cabin, such as Wonka’s everlasting gobstoppers, each cabin would participate in a talk-a-thon. Each cabin worked together in order to design, construct, and, of course, consume the candy cabins. After the counsel fire was done, all of camp reconvened to lower the flag and show the JW campers how we proudly sing our Wavus song. Overall, the Wonka themed day was an exciting day that reminded the girls that we all owe it to ourselves to enjoy every part of life and to find the silver lining in all situations we may encounter.

Friday, August 3

Clue

Bee Crudgington

Today was the Junior Wavus’ first full day at camp, so it was a perfect day to have ‘Clue Day’. We started

our day off with the quote: "Every passing face on the street represents a story every bit as compelling and complicated as yours." This quote encouraged campers to not only meet new friends but also try and solve the mystery of who kidnapped Kate Adair. After Responsibility raised the flag, we enjoyed a yummy breakfast of pancakes and sausages. The hot sun was shining, making it a wonderful day at Wavus. At general swim, campers acted out their theory of who kidnapped Kate. Afternoon activities made use of the water due to hot weather with activities such as boating to Kieve's rope swing, paddle boarding and aqua zip. We were treated to a variety of yummy pizza and salad for dinner. The evening activity was a life size game of Clue. Counselors, dressed up as Wavus Clue characters, hid around camp while the campers ran around trying to find them and the kidnapping weapon and location. Algonquin and Mohawk were the lucky winners of the evening activity and with that, Omaha lowered the flag. It was another wonderful day at Wavus!

Saturday, August 4

The Wav was very relaxed today. Our newest JW campers were settling into their camp schedules and we had a lot of cabins out on trip. The Algonquinites headed out on the Snowgoose and Narragansett left for Hog Island. We also waved goodbye to Omaha as they left for their six-day trip down the St. Croix River!

We were all very excited for the JW campers today, who would spend the night camping out on the barefoot soccer field in preparation for their trips to Hog Island. Aileen tucked all the girls in and read a story as lights

in all the tents slowly flicked out one by one. It was a beautiful night for a campout and we couldn't have been happier for our JWs!

Sunday, August 5

British Invasion

Missy Harney

Today was British Invasion Day at Wavus. We had chapel in the morning where many girls sang songs and read poems. Following chapel was a cabin inspection in which Ojiway won the cleanest cabin award. After inspection we had lunch and rest hour. The afternoon activities consisted of croquet, British flag making, face painting British flags on girls' faces, ropes, pottery and diaper diving. The girls enjoyed all the activities and looked great after the face painting. The evening activity was air guitar where the cabins could only chose a British artist to make up a dance to. The cabins chose artists like One Direction, Queen, and so many more. The night concluded with cookies and flag. The day went well and everyone seemed to have a fabulous time.

Monday, August 6

Pirates

Paul McCarthy and

Logan Faulkingham

Today was all about bringing out the kid in everyone. The theme was Pirate's Day and we started off the day by commandeering the Wavus flag and putting up the pirate flag instead! The campers were told that they would have the chance to get it back during the evening activity. Before lunch we got on the roof of Jewell and sprayed the campers with water guns to keep them cool. Pirates invaded each g-swim and afternoon activities were



all themed. In the afternoon campers could walk the plank and zip into the water on the aqua zip. A war canoe went to the swim island to find a treasure chest. Paddleboards were involved in a sponge tag war. A slip and slide was keeping campers nice and cool. All of the activities were meant to be fun and allow kids to be themselves. Our evening activity was escape to freedom. Campers needed to find 3 freedoms and avoid being tagged in order to get back the Wavus flag. Pirate Day was a great success and we all had a good time!

Tuesday, August 7

Wavus Warriors

Claire Lupo and Emma Murphy

We began Wavus Warrior Day with some encouraging words regarding how to be our strongest selves. After establishing the goal of strengthening ourselves throughout the day we headed to breakfast where we watched various counselors performing silly challenges. Once breakfast had ended, everyone went their separate ways for morning activities, which were accompanied by some beautiful weather.

When lunch rolled around, everyone was pleased to enjoy a cookout and a number of other counselor challenges including a crazy game of categories where the penalty involved being soaked with the hose. The afternoon was spent completing Wavus Warrior themed activities such as making dirt/pudding cups and extreme tie dying.

Much of the day's excitement was during dinner when it was announced that a few of the counselors had just ward off Chewonki counselors who were attempting to conquer our land. In order to repel them it was decided

that the evening activity would be a Boot Camp. When dinner ended everyone split up to complete numerous challenges as Wavus Warriors. Some of the favorites included tug-of-war in the mud and the slip and slide; the boot camp was a huge success! After facing our fears and overcoming challenges throughout the day we were all ready to retire our warrior hats for the evening and get some well-deserved rest.

Wednesday, August 8

Wav's Got Talent

Abby McIvor

The theme of today was Wav's Got Talent! We started the morning off at flag and I asked the girls to embrace their talents and celebrate the things they were good at and help others do the same. The morning activities were sailing, canoeing, ropes, archery, pottery, woodworking, riflery and tennis. In the afternoon the activities were paddle boarding, island swim, ropes, ice cream making, friendship bracelet making, and arts and crafts. The evening activity was a talent show! The girls had a blast and did a really great job showcasing all of their unique talents!!

Thursday, August 9

Superheros

Emily Hebert

Today was Superhero day at Wav. The morning started off with flag where many girls were dressed up as superheroes of their own creation and some were even dressed as super villains. Morning gathering circle was lots of fun! The girls went around sharing a super power that they would like to have and it was quite interesting to see how creative they got with it!

Afternoon gathering circle was

mellower as many of the girls shared camp songs and taught them to their friends. There were many different afternoon activities, definitely something for everyone! Today we had Wav Wimbledon, friendship bracelet making, arts and crafts, Coleman cooking, pet rock making, riflery, cape decorating, and ropes course.

The evening activity was a melting pot of the girls' creativity! Each cabin got together and created a superhero, chose the super power that the super hero possessed, and they even outfitted the superhero with a costume. Once they figured all of this out, the girls planned short skirts, which they shared with the rest of camp. It was another really fun way for the girls to express their creative sides!

Friday, August 10

Friday brought another sun shining day to Wavus as we welcomed back Algonquin from their trip and said goodbye to Ojibway who was headed off to the St. Croix. We were all eager for our big trips to start returning home, beginning with the two A.T. Sea cabins tomorrow, but were also sad that it was the last full day for JW! We couldn't be sad for too long though because after rest hour, the Wav Carnival kicked off! We spent all afternoon in the bouncy house, bobbing for apples out of a canoe filled with water, challenging friends to donut-eating contests and receiving amazing henna tattoos. When we were full of fried dough, ice cream and pretzels, we cooled off on the slip and slide! That night around the Council Fire we said goodbye to our JWs, hoping to see them back around the fire again for Wav '13.

Saturday, August 11

Nerd Day

Katie Paige

Today was Nerd Day at Wavus! Everyone was encouraged to find and embrace their inner nerd and to let it shine. After flag and a delicious breakfast, we had to say goodbye to the JW campers. We hung out, played cards, made friendship bracelets, and read in our cabins while parents and the JW campers had a chapel service and award ceremonies. We all had lunch together, and enjoyed a relaxing rest hour. After rest hour, our typical daily schedule resumed. For afternoon activities, girls enjoyed island swims, friendship bracelet making, board games on the Jewell porch, Coleman cooking (dessert pizzas!), and fire making. After g-swim and dinner, we had evening activity, which was an egg drop! The girls worked together and used specific materials to build a house/shell for their eggs, with the hopes that the egg would survive a 15-foot drop. Although most of the eggs ended up scrambled, some of the eggs only suffered minor fractures! It was a great way to end the day.

Sunday, August 12

Disney Day

Kelsey Sullivan and Pam Steger

Today's theme was "Disney Day". We chose to focus on Disney stories because of their emphasis on *magic*. Many of us love the fictional elements of these stories - the flying carpets, witches, and dragons - but while these things will never leave the movie screen, the concept of magic can be a very real thing in our lives. At flag, we asked the Wavus campers to remember moments in their lives that they felt were "magical". Often, we explained,

these moments occur when we take the time to stop and appreciate how special our lives really are. We asked the girls to try to find little things to be appreciative and grateful for throughout their day in order to create their own magic.

This task of reflection and appreciation was appropriate for the day because it was Sunday, which meant that we held our chapel service in the morning. Several girls got up to share original poems and words about their trips, and to reflect on their personal growth with the rest of Wavus. One of the most important messages of the service was to take full advantage of this last week at camp, because Wavus is a unique and special place where everyone is always accepted exactly as they are.

We had a great selection of activities following lunch and rest hour, including arts and crafts, "belay school" at the ropes course, pottery, campfire cooking (making yummy banana boats!), manicures and pedicures, and whipped cream wiffle ball. At every activity the Wavus campers were fully engaged and willing to let their guards down to get silly, creative, and just be themselves.

We ended the day with a movie for our EA, perfect for a rainy Sunday! We chose the Disney film "Pocahontas" because of its strong female lead and its emphasis on environmentalism, which we felt correlated with the Wavus values of female empowerment and environmental stewardship. After the movie we all gathered at the flag, where we closed our evening with an encouraging word to everyone to try and realize the magic that is present in our lives, because it is there, if we only have the patience and courage to find it.

Monday, August 13

Harry Potter

Courtney Krolikoski

It was a magical day here at Wavus! Harry Potter Day was a blast where the girls channeled the magic inside themselves to make the day unforgettable! The morning's message came from a quote from the Harry Potter books which says "the thing about growing up with Fred and George is that you sort of start thinking anything's possible if you've got enough nerve." The girls were challenged to gather the nerve to do new and challenging things to make their last week at Wavus great. Once sorted into Hogwarts houses, the girls headed to breakfast in our very own Great Hall. Breakfast was delicious and consisted of breakfast burritos with salsa and sour cream. Morning activities were a blast - including things like archery, pottery, ropes, and swimming. The girls challenged themselves and accomplished new things together. Lunch was a delicious BBQ of burgers and hot dogs and was enjoyed out under the sun-scape to enjoy the cloudless blue sky. Afternoon activities continued with the magical Harry Potter theme - in potions girls made rock candy, they took a ride on a Nimbus 2K (the HS swing), made wands in arts & crafts, and went running and screaming from dementors. Dinner was served by candle light in the Great Hall - chop-suey, garlic bread, veggies, and caesar salad. After dinner our evening program consisted dually of a 'Death Eater Hunt,' where kids tracked down their counselors and returned them to Azkaban Prison, and also a 'Horcrux Hunt,' where they searched the Wavus grounds for Voldemort's horcruxes. After the hunts were over, everyone

enjoyed a glass of Butter Beer and a handful of Bertie Bott's Every Flavor Beans. The day ended around the flagpole with a final message from J. K. Rowling which challenged the girls again to make their last week of camp the most magical yet: "We do not need magic to transform our world. We carry all of the power we need inside ourselves already."

Tuesday, August 14

Wacky Wav

Taylor Keefe

We started the day with flag in the morning. The flag was put upside down to go along with the wacky theme. After flag we went to breakfast to find sausage pizza and pink milk. There was dinner for breakfast but there were also some normal breakfast choices. The mixed up meals and the colored milk took everyone by surprise, but it made breakfast more exciting. Then we progressed through the day with a few gathering circle games and fun afternoon activities. When dinner time came around, the campers found that there were breakfast choices for dinner. We were served waffles, bacon, sausage, fruit and home fries. Everyone loved the meal and were ready for the evening activity.

The evening activity was Kangaroo Court. The counselors were "tried" for doing pranks on the kids throughout the day and at each station, the kids got to get the counselors back! The stations included human sundae, turning a counselor into a mummy, body paint, shake and bake (which was where you covered your counselor with flour and made them roll down the hill), and one where the kids fed the counselors green slime while blindfolded, so it was pretty messy. The kids loved being

able to let loose and get messy with their counselors and the counselors loved it, too! After our exciting evening activity, we had a dance party followed by a clean-up after party and everyone ended the day by taking down the flag.

Wednesday, August 15

Dice Day

Sommers Kline

The theme today was "Dice Day". Every counselor was assigned a number and when the dice landed on that number the counselor was assigned to various tasks. Some of the more unusual include walking backwards, talking with a New Zealand accent, doing a skit after every meal and talking in alliterations. The day was tons of fun, being the last regular day of camp. The evening activity was a scavenger hunt where each cabin was given a list of various things they needed to include in pictures and were awarded points for including them. Overall it was another great day of camp!

Thursday, August 16

Fireworks and Jewelliano's

Charlotte Briggs

The theme of the day was fireworks and Jewelliano's and while the weather tried to rain on our parade, in usual Wavus fashion our creativity and spirit prevailed. We started off the day with the Olympic arrival of Long Voyage being awarded medals for their bravery on trip. Regular morning activities followed until the rain began to wash out the campus and we reconvened in the Jewel for improvisation games and hot chocolate. In the afternoon, campers were able to finish up pottery and woodshop projects while other campers hung out in the Jewell working on

everything from friendship bracelets, theater games, to dance parties. The camp returned to the Jewell in the evening dressed in our finest camper clothing for our Jewelliano's dinner where the girls enjoyed posing with their cabin-mates and taking pictures. Maine Trails blew into Wavus in a Jefferson ambulance throwing candy and pumping up the camp. Jewelliano's was a great success followed by council fires to discuss all of the trips that our Wavus campers experienced this session and sharing stories to excite the younger campers for their future trips in years to come. We ended the evening with fireworks at Kieve.

Friday, August 17

Color Wars

**Logan Faulkingham
and Missy Harney**

Today was an awesome day for Color Wars! The sun was shining and there wasn't a cloud in sight. The morning started off with a late bell at 8 a.m. then flag at 8:30 a.m. After breakfast we packed for our upcoming journeys back home. After lunch and rest hour it was time for Color Wars! We told the whole camp an awesome story of how Round Top and J-Scoop started off as Round Scoop and then a big fight

happened so they split and formed separate ice cream parlors. The kids really enjoyed the story.

After the story we split the camp in half into blue, which was Round Top, and red which was J-Scoop. In color wars there are three positions including the sniper, who has water guns filled with dye; the defender, who has sponges soaked in dye; and the agent, who has no weapons but is the only one who can get the flag. We played two rounds and J-Scoop won both times! All the campers seemed to have a great time. After dinner we had council fire where the girls could share songs and stories with one another for the last time for the summer. In the middle of the ceremony, a looming thunderstorm had the camp relocating to the Jewell Lodge where the festivities continued. We made it inside just in time before the pouring rain hit! Maine Trails campers shared words of wisdom about their trip and how Wavus has touched their lives. The campers received special blankets and paddles for being in camp for 5 years and doing one of the longest trips that Wavus has to offer. After the fire we lit candles, sang, and then headed off to bed. The day was great and we can't wait to see everyone again next summer!





Trip Notes - Session 1

Junior Wavus Responsibility

HBC: Frances Robinson

HBC: Liz Jones

JC: Megan Stroud

JC: Ashley Mercede

July 9-10 : Hog Island

Day 1

The girls of the Junior Wavus Responsibility cabin paddled out of the Kieve/Wavus Bremen boat launch into Muscongus Bay headed towards Hog Island this afternoon. It was a beautiful afternoon of sunshine broken up by invariable gusts of wind. We life-jacketed up and climbed into individual kayaks. This was the first time in a kayak for many of the girls, but they handled the choppy, cold waters with ease and lightheartedness. In just thirty minutes, we arrived on the beach of Hog Island and set up camp. The girls applied the tent constructing skills they had learned the previous night when they slept on the soccer field and seemed to enjoy the experience of setting up the group tents for the night.

While on the Island, we explored the intertidal zone, took a walk around the peninsula and had some fun in the Audubon museum situated on the island. We cooked up some good dinner and built a campfire on the beach which we roasted some 'mallows. The girls slept well in their tents and got a good night sleep knowing that tomorrow was going to be filled with excitement.

Day 2

The girls of Responsibility had an exciting day on Muscongus Bay. We woke up early on Hog Island to a bright sun and a blue sky. We took

down camp, grilled some bagels, then paddled back to the mainland. There we met Captain Duffy and boarded the Snow Goose III. On the Goose, the girls pulled up lobster traps, jumped off the top of the boat and enjoyed the salty water and fresh air. We ate some sandwiches and snacks on the boat and then returned to Bremen. We piled in the van and headed on back to Wavus, breaking up the twenty-minute trip with a stop at J-Scoop.



Junior Wavus Respect

HBC: Aimee St. Germain

JC: Genna Spears

JC: Elyse Curtis

JC: Boo Habibullah

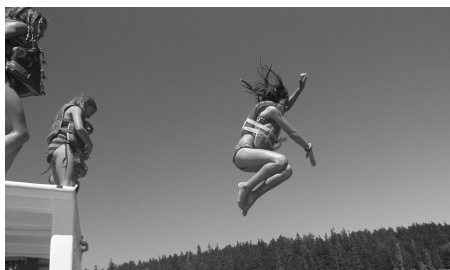
July 8-9: Hog Island

Day 1

Our trip started off by kayaking across Muscongus Bay. Despite the wind, even the inexperienced girls persevered and each made their way across to Hog Island. Once on the island, Ryan gave both Respect and Responsibility a tour, including the tent and food areas. Once the girls set up their tents, a lot of the girls experienced jumping into the cold ocean water. A few girls were nervous at first, but overcame their fears and jumped with their friends. A dinner of burgers, veggies, and fruits was served, and the girls were then brought on a tour of the island. On the tour, girls learned about Leave No Trace principles and how long various mosses take to grow. Ryan gave the girls a plant to taste, and helped some of them catch edible beach fleas, which a couple of girls were particularly excited about. After a day of incredibly gorgeous weather, we ended with a campfire and s'mores on the beach.

Day 2

Day two of the trip began with bagels and fruit in the picnic area. Next we packed up the tents, and headed back to Bremen, where we began our kayaking. From there, a fun afternoon of jumping off of the Snowgoose, pulling up lobster traps, and searching for seals took place. There could not have been a better day to be on Muscongus Bay, with high temperatures and clear skies. Once we got off the Snowgoose, we enjoyed an ice cream stop at Jefferson Scoop and headed back to camp.



Junior Wavus Courage

HBC: Missy Harney

JC: Charlotte Briggs

JC: Molly Brigan

July 8-9: Hog Island

Day 1

We left camp at 9:30 and headed to Bremen. When we reached Bremen, we kayaked over to Hog Island where our guide, Ryan was waiting to show us around. We then had lunch and set up camp. We went swimming in the ocean and many of our girls jumped off the railing in the cold ocean water. After swimming we explored the museum where we learned why the ocean was salty. Also we got to pick up and look at lobsters and crabs. Then we took a rest period to cool down and relax for our upcoming hike. After we rested, we played a game where we were paired up and blindfolded and we had to test our touch sensing on trees. We then went on a nature walk around Hog. We then ate dinner, which was enjoyed by all! We made a campfire and made s'mores. When it got dark we did an experiment with Ryan where we put peppermint candies in our mouth and crunched hard and it looked like blue lightening in our mouths. After we headed back to the tents and got ready for bed and Missy read us *The Lorax*, as we fell asleep.



Day 2

In the morning we woke up at 7 AM and packed up camp and ate breakfast. Then we went on the Snowgoose with Captain Bill and first mate Troy. On the boat we pulled lobster traps and jumped off the top of the boat in the ocean to cool off. We then ate lunch and headed back to Bremen landing to head to ice cream and then back to camp.

Overall, the trip was a lot of fun and everyone had a great time learning new things about the area we live in.



Junior Wavus Kindness

HBC: Christine Reighley

JC: Becks Slack

JC: Masi Habibullah

July 9-10: Hog Island

Day 1

The Kindness cabin from Junior Wavus began their big trip of the session on July 9th by at the Kieve/Wavus landing in Bremen, Maine. They got all their group gear together which was conveniently boated to the island and then got themselves into kayaks. This was the first time that many of the girls had ever been in a kayak so we briefed them with a quick tutorial before setting off to sea. We paddled around many lobster boats and through Muscongus Bay to Hog Island where we were set up camp for the night. The girls practiced their tent-setting-up skills as well as other nature conservation skills such as "Leave No Trace" that we learned back at camp.

It was a beautiful day on Hog Island, there were only a couple clouds that covered the sky the whole time we were out there. We waited for the tide to rise so that we could jump off the dock into the water, but in the meantime the girls perused the island looking for various life forms along the shore. After swimming in the ocean, we changed out of our wet clothes and put on sneakers for a scenic walk on around the island where we were informed of edible plants in nature, historic sites dating back to the Native Americans, as well as the different types of forests all on one island.

By the time this was done, the girls were grabbing their stomachs and were ready for the next meal so we worked together to prepare delicious pesto pasta with mozzarella and parmesan

cheese, tomatoes, and chicken. It was surely a hit! After dinner we started a fire on the beach where we toasted s'mores and told stories. The girls definitely did not have a hard time falling asleep that night.

Day 2

The next morning, we packed up all of our gear, got some nourishment, and headed back to the mainland in our kayaks. There, we met Captain Bill and the girls loaded on the Snow Goose III. We scooted around the bay, checked out some lobster traps, and jumped off the top of the boat. The whole day was a success. On the way back to Wavus, we stopped at Round Top to treat the girls to some ice cream!



Algonquin

HBC: Katie Danz

JC: Poppy Doolan

JC: Camille Clancy

July 3-4: Hog Island

Day 1

It was a bright and sunny day when we left Wavus. It did not take us long to reach the camp site and the girls eagerly piled out of the car with their gear. Our nature guide, Ryan, met us and gave the girls a quick kayak lesson before setting off towards Hog Island. Once reaching Hog we settled our gear down and quickly threw on our suits to plunge into the refreshing blue ocean that surrounded our island. We then ate lunch, the girls were very hungry! We had sandwiches consisting of pita bread, turkey, cheese, avocados, tomatoes or peanut butter and jelly.

Unfortunately our little swim came with a price as we were caught by a storm upon setting up camp after lunch. We all ran to the fish house and took cover near a fire and waited for the storm to pass. Thankfully everything was able to dry in the sun throughout the rest of the day and we were back on track. Ryan showed the girls his nature building, which consisted of a touch tank with crabs, periwinkles and mussels as well as many pictures of the wildlife around the island. He then led the girls outside and instructed them to capture things to place into the touch tank. As you can imagine, many crabs were caught and the tank was twice as full at the end of this activity.

Later in the afternoon we set out for a hike around the island. Ryan showed us all sorts of fascinating things, such as a wide variety of edibles around the island which thrilled the girls. Ones that particularly stood out were the

heart shaped clovers which tasted like lemon and the edible orange flower. After a long but satisfying hike we rewarded ourselves with a delicious dinner. We had pasta and chicken with either tomato or pesto sauce. We finished off the night with s'mores in the fish house (to avoid too many mosquito bites). The girls were told to perform skits in order to acquire their s'mores and we all shared a bunch of giggles. It was an early night after quite a long day and the girls quickly hushed after setting off into their respective tents.

Day 2

We awoke the next morning with the sun in our faces and the sound of the sea. It was wonderful. The girls gathered their gear and helped put away the tents. Breakfast was prepared (chocolate chip and berry pancakes) and we peacefully ate before setting off on the next adventure on our trip. We lathered the girls in sunscreen and ensured everyone had water and was drinking it constantly. Everyone then grabbed their kayaks and we set off towards another set of islands further down the coast line. It was a breathtaking view. Finally upon reaching one of the islands, we explored and took pictures. We then decided to make the quick swim to a neighboring island. The water was pretty frigid but the girls bravely accepted the feat and, before we knew it, we were cliff jumping into the magnificent blue water. Lunch time approached and we headed back to Hog to share one last meal together. Again we had sandwiches, gorp, and apples. Some girls went for one last swim, how could they resist? And others bathed in the warm sunlight on the dock. Ryan treated the girls to half a frozen milky way each, a treat

they all greatly enjoyed and we bid our goodbyes to Hog Island. After loading Ryan's boat with the girls' equipment, we all kayaked back to the mainland and worked together to reload the trailer and put away the kayaks. It was a little difficult, as the kayaks were quite heavy and it was a warm day, but the girls worked well as a team. We ended our trip together with a stop at J-scoop, a tradition at Wavus. The girls went around a circle sharing their favorite moments of the trip, while licking copious amounts of ice cream from their cones. For all, it was a memorable trip.

July 7: Snowgoose

This morning Algonquin woke up excited to go out on the Kieve-Wavus lobster boat "Snowgoose" but a little upset by the cloudy weather. However, once we set off from Bremen landing, the sun came out and suddenly the girls could not be more excited for the day's activities of swimming, lobstering, and fishing! Captain Duffy led our cabin to some great fishing spots in the morning; all of the girls caught a mackerel, and most caught more than three. After fishing for awhile the Algonquin girls were ready for swimming! Most of the girls jumped into the freezing Maine ocean and Delia, Chiara, and Reagan all jumped in more than 40 times. Unfortunately I (Poppy) went for an unwanted swim when I fell off the back of the boat - wearing my clothes! (although this was the highlight for many of the campers...)

We had DELICIOUS turkey cheese and avocado sandwiches, accompanied by some yummy sweets sent in care packages for lunch; just enough to keep our energy up for the lobstering. It was a wonderful day on the Maine ocean,

and the girls brought their excitement back to camp for the Evening Activity: Wavus Jeopardy!

July 11-13: Camden Hills

Day 1

We left for our trip with high spirits and big smiles, all very excited for the adventure to come! Upon getting to our campsite, we unloaded the van and began setting up camp. By this point the girls were a little more experienced with the tent equipment and, before we knew it, all four tents were ready to go. We set up the grill and began cooking lunch. The girls ate their well-deserved sandwiches, either peanut butter and jelly or turkey and cheese, and sat in the shade. A few hand games were played, followed by a quick clean-up of our meal. We then decided to go for a quick hike around the campsite. We followed a nature trail that lead us to a breathtaking view of the ocean where we decided to stay for a bit and enjoy ourselves on the rocky beach - some of the girls even found crabs! Afterwards we headed back to camp to prepare dinner and had the girls gather firewood for our fire. They were great sports and brought back a ton! We made a roaring fire and feasted on cheeseburgers and hot dogs as well as fried veggies and finished our feast with s'mores. The girls were asked to perform "Veggie offs" in order to acquire their s'more. After a while we had a hard time deciding which they enjoyed more - the s'mores or the veggie offs. We were all very tired after a long first day and quickly retired to our tents, which to our delight, were mosquito free!

Day 2

We started the second day of our main trip by trying to sleep in until 9:00.

Needless to say, all of the girls were up before then and seemed extremely excited to start the day earlier than planned. For breakfast we filled our bellies with S&Ms and berry pancakes. We then packed our day packs with water and G.O.R.P, applied massive amounts of sunscreen and bug spray and packed into the van to head off to our first hike. We drove about ten minutes to the beginning of the Maiden Cliffs trail, which was said to be an hour and a half hike with have beautiful views. The trail was a great beginner hike because it started off as a path, but later on forced the girls to focus on their footing when it came to the steeper areas. Once we were nearing the summit, the girls became aware of their accomplishment and pushed through until the end, thus reaching a beautiful, breathtaking sight. We were able to sit at the top after a round of pictures were taken and enjoy our hard work for a decent amount of time. We made it down the mountain in record timing as well, and over all the girls completed the entire hike in about two hours! They all did an exceptional job and we couldn't have been happier with their first hike.

After we returned to the campsite we made mac and cheese for lunch while the girls changed into their bathing suits for some swimming. We were able to find a little local beach in a smaller part of town and spent about an hour or so unwinding there - which was exactly what the girls needed. We got back to the campgrounds and made pita pizzas for dinner with a side of roasted sweet potatoes. We then decided to watch the sunset, so we drove to a little boat drop-off and caught a few minutes of it while we de-briefed our day. After a dessert comprised of roasted apples stuffed

with cinnamon and brown sugar, the girls headed off to their tents and slept off their busy and tiring day.

Day 3

The girls woke at 8:00 a.m. and broke down their tents while the counselors prepared pancakes. Once they ate, washed their plates, packed their bags for the next hike, and packed the trailer, we were off to take on the tough and challenging Mt. Megunticook hike. This hike was extremely difficult and very tiring for the entire cabin as a whole. After a lot of water breaks and a several "come on girls, you can do it" chants, we finally made it to the top in one piece and the view was simply amazing. We all took in our surrounding, replenished our bodies with water and G.O.R.P. and all agreed that the sweat and tears that we spilled on the way up were definitely worth it. We descended the mountain in about half the time, or less, that it took to make it up and returned to the parking lot, where we made sandwiches and had a few snacks. Once we were filled with more suitable food, we packed into the van once more and made our way to J-scoop where we satisfied our long-craving sweet tooths and discussed our highs and lows of the trip. All in all the girls had an amazing time on our three-day trip and did an even better job in both enduring the challenging hikes and living in the wilderness.





Mohawk

HBC: Julia Welter

JC: Taylor Wallace

JC: Haley Oleynik

July 1-2: Damariscotta Lake

Day 1

The Mohawk cabin woke up bright and early on the morning of the 1st of July ready for their first trip! After having our breakfast at Wavus, the girls packed up the van and the canoe trailer and head off. We drove to Harriett House at Kieve and put our boats in on Damariscotta Lake. We then paddled over the “Cool Island” where we set up our tents and campsite. The girls all helped making delicious pizza bagels with pesto, pepperoni and peppers for lunch. After cleaning up their bowls we headed over to Kieve to tackle the rock wall at the Buck building. All of the girls enjoyed doing different climbing elements before heading back over the “Cool Island”. Despite getting stuck in a rainstorm, the girls had a great afternoon hanging out in their tents and exploring the island. None of the girls seemed to notice the two hours of rain! For dinner the girls all helped building a fire so that we could roast hot dogs, bake potatoes and rice. After finishing off the night with lots of s’mores, the girls headed to their tents for bed.

Day 2

The next morning the girls woke up and helped make homemade cinnamon rolls! We then packed up our canoes and headed to try out the rope swing! We were able to just fit in everyone who wanted to try the swing before a thunderstorm hit. We were all proud of the girls as they ran through the rain back to the van without complaining. After returning to Wavus, we cleaned up and finished our trip with J-Scoop!

July 8-10: Mount Blue State Park

Day 1

The Mohawk girls woke up on a sunny Sunday morning and enjoyed their last meal at Wavus of homemade doughnuts and breakfast sandwiches. We then hopped in the van and headed off to Weld, Maine. After roughly a three-hour drive, we made it to Mount Blue State Park. We had a beautiful campsite near the trailhead for Mount Blue summit. The girls set up the tents as the counselors made ham and cheese sandwiches for lunch. The girls were, of course, most excited about having GORP after lunch. We all spent the afternoon exploring our surrounding area and found a nearby stream and different small trails branching off our campsite. The girls prepared dinner skits while the counselors made chicken burritos for dinner. We all ate together in the grass in our crazy creek chairs. The girls decided to put on their own talent show after dinner. We finished the night by making a fire and have s’mores before went to bed!

Day 2

We woke up bright and early and had toasted bagels and cream cheese for breakfast. We then headed off to nearby Mount Tumbledown. We parked and decided to try the “Loop Trail”. After a hard upward rock scramble we had a picnic lunch at an overlook spot. The girls were all excellent hikers and played different games and sang to entertain themselves on the walk up. We then headed to the Mount Blue State Park beach where we spent the rest of the afternoon playing in the water and catching frogs. The girls had a quick rest hour after a long morning and then started gathering wood for the fire. For dinner we made the Wavus specialty, Dank, which

is essentially macaroni and cheese. The girls eagerly finished the entire pot with room for more! With still a lot of food left over from the trip, we laid out a dessert bar. The girls could choose from banana, s'mores, nutella and peanut butter to make their own dessert creations! After running around crazy for twenty minutes the girls fell asleep early.

Day 3

On our final day we woke up and packed up the tents and had oatmeal and berries for breakfast. We then hiked the Mount Blue summit trail right near our campsite. We were able to make it to the summit and check out the great views of the surrounding area. We were able to find Mount Tumbledown and the beach we were at the day previously. We then played a few rounds of "Zoo" at the top and headed back down. The girls finished packing up the tents and then gobbled up rice and pepperoni before heading back to Wavus! We stopped at Dunkin Donuts and treated the girls. It was bittersweet to come home to Wavus because all of the girls were happy to be back but knew they could have had a few more days on trip!



Cheyenne

HBC: Cat Hendricks

JC: Mandy Mathias

JC: Emily Hebert

June 29-30: Damariscotta Lake

Day 1

Hello from Damariscotta Lake!! I think I'll start off this entry by introducing myself. My name is Catherine "Cat" Hendricks. I am one of the counselors for Cheyenne cabin. I have lived in Maine my whole life and I'm super pumped to be at Wavus this summer! On June 29, we, Cheyenne, went on our primer trip to Cool Island. To start the trip off, we packed the last few touches: toothbrushes and towels, etc, into our bags. We then treaded down to breakfast where fruit and oatmeal amongst other goodies filled us for our ride. It was raining out, so taking the boat to Kieve was unfortunately not an option, and we drove over instead. We unloaded our canoes, which had graciously been brought over for us, seeing as we had planned on taking the boat over. Once the canoes were loaded with bags and campers, we paddled towards our destination: Cool Island. If you have ever been to Kieve and stood on their docks, Cool Island is diagonally left from those docks. Once at the island, the girls were given a quick demo on how to set up their tents, which they did perfectly. After having turkey sandwiches and gold fish, we paddled shouting distance to a dock (not the docks at Kieve) where synchronized swimming was soon taking place. While playing games with campers, Charlie, the director of Kieve, paddled over to us and invited us to use Kieve's rope swing. We soon took a very convoluted path via canoe over to the rope swing. All eleven

campers, plus two counselors had a go on the rope swing. Everyone had smiles plastered on their faces, which made me really proud to see everyone challenge their comfort zones. On the way back to our canoes, a Kieve counselor invited us to use their HS swing. The HS swing is this: a camper puts a harness on (similar to a rock climbing harness), is pulled up many feet, and when they're ready, the camper pulls and releases one of the two ropes holding them, and they swing out, just like a giant swing. Almost all of the girls did this, as it was higher than Wavus' and they really wanted to push their comfort boundaries. We then paddled back to our island and began making pita pizzas. After trying for an hour to start a fire, we eventually ate untoasted s'mores. The girls were great and enjoyed the s'mores anyway and were doubly excited to have hot chocolate to go along with their desserts. But then it was a mad dash to our tents since the sun had dropped and the mosquitoes were out in full force.

Day 2

Sleeping in tents doesn't really block any sunlight out, which meant that everyone was awake at the crack of dawn. From then on it was random snoozing while various "Shushes!" could be heard throughout the tents. Around 7:30 everyone was wide awake and the process of making M&M pancakes was underway while the girls dismantled their tents and packed their belongings. Once word spread of what we were having for breakfast, it became apparent that M&M pancakes were the greatest thing since sliced bread. After our campsite was all cleared, and the campers learned LNT (leave no trace), we slowly made our way back to Kieve. Two of the canoes got to see a heron fly



in front of them, which is always a neat experience. Once back at the van, the girls learned how to pack canoes onto the trailer and some even learned how to tie the knots that hold the canoes in place. After we were ready and packed, we made the short drive down into Kieve's main area where all of the girls got to use Kieve's rock wall. Everyone got to do two different paths, and some made it all the way to the top of their paths. It was so great to see everyone, whether they went to the top or not, at least try the wall and find where their comfort zone is.

Once everyone had gone on two paths and gone as far as they wanted, we were back at the van feeding empty bellies with PB&J's. Don't worry! Sunbutter and extra cautionary measures were put into place with our peanut allergy campers! After finishing our sandwiches and snacks, we made our journey over to Jefferson Scoop where ice cream was a very nice treat on a very hot day. As I write this, I am still amazed with my campers and how they pulled through with everything we asked of them. We had taken five canoes, and only three of those had a counselor in them, so two were completely paddled by campers. Add in the extra weight of bags and tents, and they had to work hard. Plus doing all kinds of activities really impressed me. I'm very excited to go on our Mount Blue trip in just a few short days!

July 4-6: Mount Blue State Park

Day 1

After a delightful 4th of July, red, white, and blue breakfast at camp, we quickly cleaned up our cabin and began packing the van and trailer with the essentials: cookies, chocolate and

iced tea (and possibly a few granola bars). Once the music selection began playing, we were off on our adventure. Shortly after our two and one half hour drive, and only a few misleading turns, we finally arrived at our campsite. As grilled cheese was being cooked, the girls set up the tents and then quickly ate the sandwiches with grapes as a side. Once everyone had eaten, the tents were soon filled with sleeping bags. After many remarks of how hot it was, we made our way to Webb Beach, just a short walk from our tent site. When the girls of Cheyenne decided they'd had enough of the lake and the playground, everybody made their way up to the tents. As it looked like a storm may be approaching, a dinner of chicken burritos was whipped up. Just as everyone had finished their dinners, the rain and lightening came. Luckily the rain-flies were already on the tents so backpacks just needed to be thrown inside. After everything was covered and rain jackets were on their owners, lightening protocol was put into action. Considering we were in a field, the tree line was the safest place. All of the campers did such a great job staying in the protocol position for a solid half hour. Once the storm blew over and it was safe, scrambled brownies were cooked up for dessert. After all the dishes had been cleaned, it was off to bed so we could get an early start on our hike the next day.

Day 2

On the morning of our hike, we woke up at the usual time, 7:30 a.m., and had a grand breakfast of oatmeal with berries. Once everyone had their day packs, and the counselors had done a double check of lunch material, we ventured off to find the trail head. Once at the bottom of Tumbledown

Mountain, we began our three-hour long hike. It's probably a good thing the campers couldn't see just how far we had to go, because the "easy" section soon gave way to giant boulders. With gorp as our side-kick, everyone made it to the top where songs and chants quickly started up. The view was amazing, and a few campers made remarks of how proud they were upon completion. After a filling lunch of pita sandwiches, and swimming in the lake, we began our two and a half descent.

Upon reaching the van, the girls were extremely excited to be in an air conditioned van instead of the muggy mountainside. After a quick drive back to our campsite, it was a unanimous vote to go to the beach. After everyone had cooled down, and somehow scary stories were being told, it was time for dinner. Homemade macaroni & cheese was served with a few pieces of pepperoni – a camp favorite. Soon after, marshmallows were being toasted – or should I say burned – and the campers were very much at ease with being outside. When we did our highs and lows for the day, everyone was very proud of the fact that they'd just climbed a mountain. It very quickly became time for bed, and after some reading and story, it slowly became quiet.

Day 3

Since the exhaustion of the previous day was still evident on everyone's faces, the counselors decided to bring the campers of Cheyenne to Damariscotta Beach. They were glad to have a morning of resting, and by resting I mean singing along to One Direction. After taking over a portion of the lake, lunch was served, along with carrots and granola bars. Once the girls started to get antsy, we loaded

up and headed over for ice cream at Jefferson Scoop. We still had one more surprise in store for the girls. We didn't bother telling them to wipe their faces since it was just going to be cleaned off when we went bridge jumping! Never fear, we didn't ask them to do it because everyone else was! Besides, it's completely safe! The girls were having a blast, but we had to be the mean counselors and pile everyone back in the van so we could unpack everything and make it to dinner. As it was, everything was done early and we even made it to general swim. Needless to say, everyone had a great time, and although it was probably a three-way-tie between reaching the top, eating ice cream, and bridge jumping, the girls were already asking what trips they will be doing next summer.

July 13: Snowgoose

On Friday, July 13, what some would say is an unlucky day, the cabin of Cheyenne was lucky enough to go on the Snowgoose III. The Snowgoose III is a lobster boat out of Bremen, Maine, which takes campers out for the day. After eating a lovely breakfast at camp, we loaded up and drove out to meet the boat. After gathering life jackets, we boarded the Snowgoose for our day's adventure. Once on board, we began pulling up lobster traps by hand, which the girls gladly did until they realized the rope was slimy. After hauling up traps, the girls were taught how to measure the lobsters so they knew which ones to keep and which ones to throw back. All of the campers got a chance to pick up lobsters and a few got to toss some back, which they thought was the coolest thing. After hauling half a dozen traps or so, we motored out a ways to go fishing.

Along the way, a rock covered with seals basking in the sun was spotted. The girls asked if we could get closer and were disappointed to hear that the seals would leave if we did. After nearing Franklin Lighthouse, the third oldest lighthouse in Maine, the girls gladly dropped their fishing lures overboard. Everyone caught at least one, if not upwards of five, mackerel. Some of the girls went so far as to touch the squirming, slimy catch. After multiple fish were caught, and various seagulls were avoided, the rods were put away and we motored to a calmer, less fishy area. Once there, a delicious lunch of peanut butter (or sun butter) and jelly sandwiches were served. As a side, and upon request of the girls who had received candy, Oreos and Rice Krispy bars were handed out. Once lunch was finished and cleaned up, the Captain gave the OK to jump off the boat. After laying down some rules, the girls gladly clambered up to the roof and jumped off by themselves, in pairs, or in triples. As two hours passed in a the blink of an eye, and one by one we lost campers to the sun tanning group, it was time to head back toward land. The Captain rounded everyone up, handed out Snickers or Milky Way bars, and we were on our way to the mainland. A few of the girls fell asleep, but were soon woken up by the spray off the bow. Once back at the van, we ran into one of the At Sea groups and then it was back to camp for the tail end of Carnival Day!



Cayuga

HBC: Megan Powers

JC: Francke Wurzelbacher

JC: Taylor Keefe

June 29-30: Hog Island

Day 1

We departed for our Hog Island adventure after breakfast and the girls were in for a surprise treat. Instead of going straight to Bremen, we took a small detour to Pemaquid Point where the girls had fun looking at the lighthouse and the ocean, and climbing on the rocks looking for creatures in the small tidal pools. After some time there we headed off to Bremen where we enjoyed a quick lunch of peanut butter and jelly sandwiches before kayaking over to the island. The girls were great paddlers and we made it across in no time. After we set up camp, Ryan took the girls on a short hike to an area where they spent time using nets to catch small ocean animals to put in the aquarium. After filling their bowls with crabs and small fish, the girls entertained themselves with a mud fight before washing off in the ocean. On the hike back Ryan let the girls try many different edible plants, and some were even brave enough to taste the edible sand flies that we found all over the beach. After the hike back the tide was high enough to jump off of the porch, and the girls had fun cooling off in the water. After the swim we enjoyed a pasta dinner followed by s'mores. The weather looked like it was going to turn nasty before bed, but we all sat under the tarp and told funny stories until the storm passed by.

Day 2

The next morning we got an early start and enjoyed a breakfast of pancakes with m&ms. It was already hot early

in the morning so the girls started the day with a swim in the ocean. After cooling off, we went for a kayak to some of the surrounding islands where the girls learned more about the area and surrounding wildlife. They swam in the freezing cold ocean water from one of the islands to another and enjoyed climbing around on the rocks before we headed back to Hog Island. We wrapped up our time on the island with grilled cheese sandwiches before kayaking back to the mainland. We ended the trip with a stop at J-scoop for some ice cream before heading back to camp in time for general swim.

July 4-8: White Mountains

Day 1

We left for our trip to the White Mountains as soon as we finished breakfast at camp, and we arrived at our campsite in the White Mountains by lunchtime. The girls did a great job setting up their tents without any help, and we had a quick lunch before heading off for a short hike. We started a hike up to Glen Boulder, but the weather turned bad before we could complete it. However, it was still a nice hike and a good start to the trip. We made it back to the campsite just before the rain hit, and had fun cooking personal pizzas for dinner under the tarp together. For dessert we had a candy party with the food that the girls had been sent in the mail during the first part of the session.

Day 2

The next day the weather was a lot better and we started off the day with a great surprise. Lily, who had stayed behind the morning we left due to a hurt shoulder, met us at our campsite that morning. The girls were very happy to see her, and after

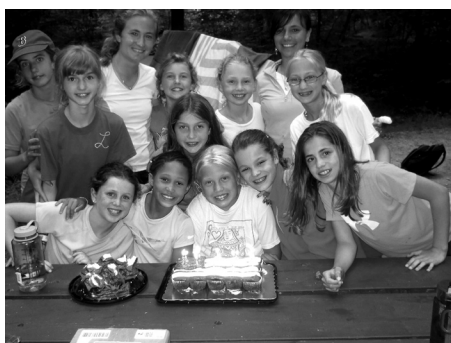
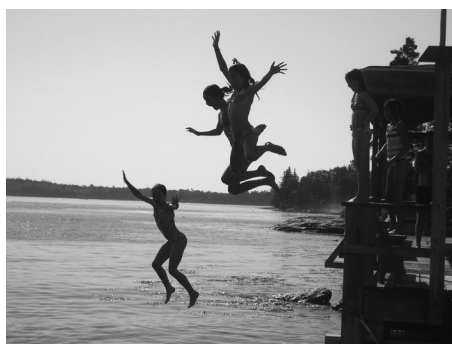
she arrived, we left for another hike. Because we had gotten a bit of a late start, we decided to take a short hike to the Emerald Pools swimming hole and save our strength for the big hike the next day. The pools were beautiful and the girls had a great time swimming in the water and jumping off of the rocks. We spent most of the day there before taking the short hike back, and heading towards the campsite. We had burgers for dinner and celebrated Amelia's birthday with cupcakes for dessert.

Day 3

We woke up early the next morning for our big hike up Mount Washington. We had a quick breakfast, left the campsite, and started on the trail before 6:30 a.m. The girls were fantastic hikers and the weather was perfect for the trip. The view from Tuckerman's Ravine was beautiful and the girls enjoyed being able to stop and look at the view. After hours of hiking the girls made it to the summit for lunch. After lunch we headed down via Lion's Head trail, and had a chance to enjoy some different scenery. The hike down was long and everyone was happy to make it back to camp for macaroni and cheese for dinner.

Day 4

The next day everyone was still tired from the hike up Washington, so we took a rest day. We spent the morning at Glen Ellis Falls where the girls had fun looking at the waterfall and sitting on the rocks reading, playing games, and chatting. A few brave girls swam in the cold water and we had lunch there before returning to camp. For the rest of the afternoon we went to a nearby park where the girls had a chance to play and relax before dinner. We had burritos for dinner, and had fun making s'mores and cooking biscuits



on a stick for dessert. After dinner everyone was sitting around the fire, when a moose came wandering into our campsite. We were lucky enough to get a close up look before it ran back into the woods.

Day 5

The next day the girls were still tired and sore from the Mt. Washington hike so we spent the morning packing up the campsite. After the campsite was clean, we spent the last couple hours playing soccer and other games together in the park. The girls were excited to get back to camp, and on the way back to camp we made a stop at Round Top for ice cream.

July 17: Snowgoose

Cayuga left for their day on the Snowgoose directly after breakfast. Though the skies were grey and rainy, the day was still warm and enjoyable on the water. First Captain Duffy gave us a quick orientation to the boat before taking us to find a good place to fish. After trying a few spots where the fish refused to bite the girls finally got a chance to catch some fish. After each catching at least one fish each, the boat left to anchor at the swimming spot. Everyone got a chance to either swim off the back of the boat or to jump off the top before we ate peanut butter and jelly sandwiches for lunch. After everyone jumped off as many times as they wanted, we had the chance to watch the first mate pull lobster traps. The girls learned the difference between male and female lobsters, how big the lobsters must be in order to be kept, and how to bait a lobster trap with the fish they had caught earlier. After getting to see a few traps we headed back to shore and back to camp before dinner.

Cherokee

HBC: Sommers Kline

JC: Toni Hall

JC: Frannie Gurzenda

June 29: Snowgoose

We left for the Snowgoose after breakfast on Friday. We were worried about the weather in the morning but it cleared up by the time we made it to the dock. Captain Bill and the deck hand Troy got us all settled on the boat and we made our way out. First we picked up a few lobster traps and held them. They were all too small to keep but it was still fun to hold a few lobsters. Next we went to a spot to go fishing. There were so many fish around. Each girl caught at least 8 or 9. When the fish finally caught onto us, we decided to move to a new spot to go swimming and eat some lunch. Before we left, three porpoises swam within 20 feet of our boat. Captain Bill said that is a very rare experience on the Snowgoose and we were excited to see them. Once the porpoises were out of sight, we motored on to the lunch place. After a quick lunch of sandwiches and granola bars, we took turns jumping off the roof of the boat. The water was shockingly cold and the roof was high but with some encouragement, almost every girl jumped into the frigid ocean water. We returned to the dock in high spirits after an exciting day on the Snowgoose.

July 3-4: Hog Island

Day 1

We made it to the dock across from Hog Island late Tuesday morning. It was 10:00 and already a beautiful day. We kayaked over to the island with ease and pulled up on the beach shore. We found the island empty but wandered around for a few hours before grabbing

the cooler and a few water bottles for lunch. As we were finishing up lunch and some of Brooke's birthday cake, Algonquin cabin returned from a kayaking excursion and joined us. We set up tents, took a swim, and sat down to read a few chapters of *Holes*, a book we've been reading every night before bed. Ryan took us for a hike around the perimeter of the island, dipping off trail at times to explore the shoreline and mossy parts of the forest. When we returned to camp, we ate a heavy meal of macaroni and cheese and s'mores in the fish house. We finished the night off sitting on the shore looking at the beautiful full moon.

Day 2

The next morning we made M&M pancakes and hung around on the island. Then we went on a short kayak paddle to swim and play on some nearby islands. After a morning of adventuring around the bay, we paddled back to Bremen Point, and loaded in the vans to return to Wavus. We stopped for well-deserved ice cream cones on the way back to camp.

July 9-13: White Mountains

Day 1

We got to our campsite, Dolly Copp Campground, a little after noon on Monday. We had two campsites across from one another and set up camp right when we got there. Then we made lunch, packed our daypacks and set out for a hike. We went to the Imp Tail, a short drive from our campground, and began hiking. It was relatively steep and the girls' first real hike all session so it went pretty slowly. We hiked for about an hour and a half before turning around in order to make it down at a reasonable hour. We did not make it to a viewpoint but it was a good hike

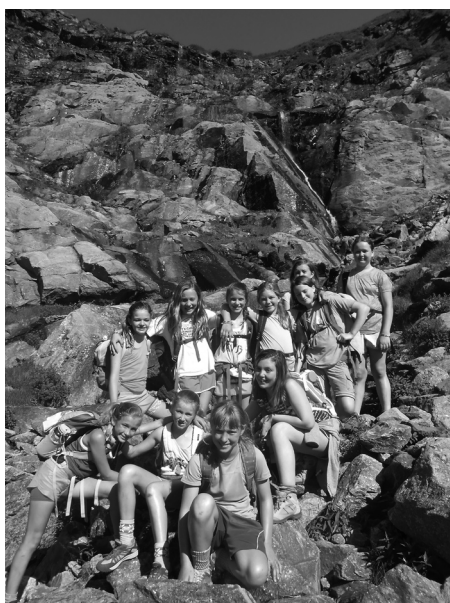
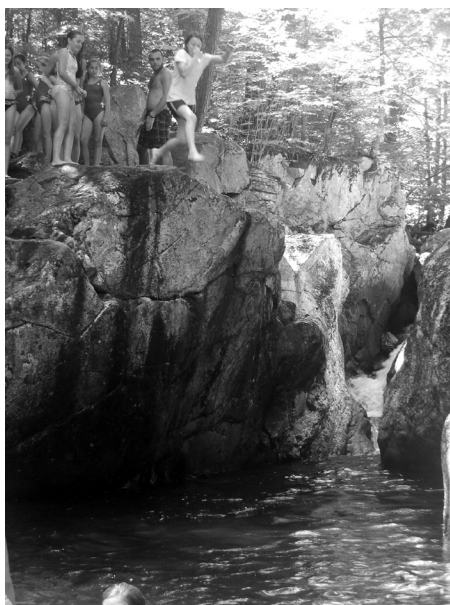
for the first afternoon. We arrived back at the campsite around 7, and set up for dinner. We had hot dogs and hamburgers for dinner and s'mores for dessert. It ended up being a later night than we planned but we went to bed ready for the next day.

Day 2

We woke up early the next day and had bagels for breakfast. We decided that day we would do either Wildcat Mountain or Mt. Kearsarge, both day hikes that would help prepare the girls for Mt. Washington. We packed lunch and snacks and set out after breakfast. We first drove to Wildcat Mountain, what we thought was the trailhead for Wildcat Mountain. We piled out in the parking lot and realized that instead of the trailhead, we'd wandered into the ski resort for Wildcat Mountain. There were ski lifts and not a person in sight. Puzzled, we crawled back into the vans and tried our hike at Mt. Kearsarge. Mt. Kearsarge was a wonderful hike. It took us about three hours of moderate level hiking to reach the summit which had a fire tower and a beautiful view of the White Mountains. We ate lunch at the summit and then made our way back down. The girls were in high spirits after reaching the summit and were excited for Mt. Washington. When we reached the campsite the girls put together skits of the day's events and the counselors made quesadilla and rice rot dinner. We then celebrated Jessie's birthday with some chocolate cake we'd brought for the occasion. We headed to bed early that night excited for Mt. Washington the next morning.

Day 3

We woke up at 5 to eat a quick breakfast of bagels and piled into the car. We reached Mt. Washington at 6, and started our hike around 6:30. We



had heard that the last Wavus cabin had taken 15 hours to complete the hike, and were determined to hike it in less time. We also heard that Sara Taylor had led a cabin up and down in eight hours and decided we could try to reach that goal! We made our way up at a steady pace, stopping for a few breaks and admiring the beautiful scenery. It was an absolutely perfect day when hardly a cloud in sight. We took Tuckerman's Ravine up and reached the summit in 4 hours. The summit was a little anticlimactic and even though it had a breathtaking view, less beautiful than our hike up. We ate lunch, took a few pictures and hung out, staying on the top about an hour and a half. We thought it would take us no time to get down, but it may have been harder than the hike up. We took Lion's Head trails on the hike down and it took us about 4 hours. We were extremely happy with our hiking time and everyone agreed it was an easier hike than we'd expected. We went to Dairy Queen after for an ice cream treat and then headed back to our campsite in anticipation for a delicious camp meal and a restful night of slumber.

Day 4:

After rocking Mt. Washington the day before, we were ready for a restful day. We had a late morning with chocolate chip pancakes and syrup. Then we

went on a short hike to Emerald Pool, a beautiful waterfall into a small chilly pool. We spent the day swimming and reading at Emerald Pool. It was a beautiful day again and the girls had fun exploring and jumping into Emerald Pool. We then returned to our campsite, made some pita pizzas and ate as many s'mores as we could.

Day 5

We woke up relatively early and packed up our campsite before heading off to our final hike. We planned this hike to be about three hours so we could return to the campsite in time for lunch and then head back to Wavus. We chose Iron Mountain, a moderate hike that is about three miles roundtrip. We drove off to the trailhead, which was down a long and rocky dirt road. The trailhead began at a charming old farm with a beautiful view of the White Mountains; however, the trail was no so delightful. It was buggy, overgrown and very steep. The climb was not pleasant and, when we reached the summit, there was no view. On our way down we found a little path to the side that provided a nice view of the White Mountains, but on the whole it was not a very nice hike. We were in high spirits anyways, having finished five days in the White Mountains, and were more than ready to head home for some J-Scoop!



Narragansett

HBC: Carly Shea

JC: Sky Dunfey

JC: Hannah Flagg

July 3: Snowgoose

I don't believe we could have asked for a better day to be on the Snowgoose. The sun was shining brighter than it has all session and the girls had a blast. Captain Bill and Troy hauled some traps for the girls to take a look at. Inside they got to see some lobsters and other sea creatures. When it was time to swim I don't think the girls could have been more excited. They all jumped a number of times off the top of the Snowgoose until they were all blue in the lips. After some delicious lunch, we headed on our way to another spot to do some fishing. I believe the girls all caught 10-15 fish each. Along our adventure we saw some harbor seals, birds, and even a small whale. All and all it was a successful trip on the Snowgoose.

July 7-8: Damariscotta Lake

Day 1

This morning we started off with a nice breakfast at the Wav. After breakfast we loaded up the van and hit the open road. We were due to arrive at the landing in Bremen at noon so to help the time pass we went to Pemaquid Beach. While we were there we went exploring and found some pretty interesting sea creatures. Time was running out so we piled back into the van and heading to Hog Island for our primer trip. When we arrived, Ryan was waiting for us to load our gear into the boat. We handed it all off and paddled over in the kayaks to start our adventure. All that day we had many funny things planned. We started

off with some lunch, then jumped off the dock and went swimming. After swimming we put our closed-toed shoes on and headed out into the wilderness for a nice nature walk where Ryan had us try some of the edible plants on the Island. The nature walk was right up the girls' alley, considering we went swimming again at a beach on the far side of the island and did some sightseeing as well. We returned from our hike, cooked some dinner, then enjoyed a little night swim to cool ourselves down.

Day 2

The next morning we packed up camp and had some delicious pancakes. After breakfast we hopped into the kayaks and did some more exploring on the nearby islands. We then hopped back into our kayaks and headed back to Hog for some lunch before heading back to the mainland to return to camp. We reached the mainland, loaded up the van and headed straight to Round Top for some much needed ice cream. Once again it was a successful trip.

July 14-18: White Mountains

Day 1

At 12 o'clock on Saturday the 14th, Narragansett headed out for the White Mountains. The car ride was filled with music, laughter, and games. After stopping at Pinkham Notch Visitor's Center to check out the weather on Mt. Washington, we arrived at Dolly Copp campsite. We set up our tents and started our dinner of pesto chicken and pasta. After our delicious dinner we all sat together and sang with one of the counselors playing guitar. Knowing that we needed to have an early start in the morning, we went to bed with excitement for our hike of Mt. Washington the next day.



Day 2

Waking up bright and early at 5 a.m., we started our warm breakfast of yummy oatmeal that would serve as a long-lasting and good energy source for our long hike up Mt. Washington. Mt. Washington is 6,288 ft. so we started our hike at Pinkham Notch Visitors Center at 6:45 a.m. We had great weather that was not too humid, perfect for hiking. The girls had fun playing games like "Contact" and "I'm going on a trip" as well as long conversations about dogs. At Hermit Lake Shelter we took a snack break and taught the girls how to purify water. We decided to take Tuckerman's Ravine to the summit. As we approached the summit, the girls decided to wait near the top for the entire group so they could all step on the summit at the same time. After having lunch at the top, we took Lion Head trail down the mountain. On the way down the girls were tremendous with their team work and encouraging each other. After our long and tiring hike, we had a burger and pasta dinner and hit the sack. We fell asleep as soon as our heads hit the pillow.

Day 3:

We had a late wake-up with delicious S&M pancakes. We headed to Evans Notch to do a small yet beautiful hike around Shell Pond. Next we headed to The Basin where we had a nice swim before our lunch of macaroni and cheese. After lunch we learned how to make some delicious ice cream. We headed back to our campsite early in order to make pita pizza and have s'mores over our group-built campfire. While the counselors prepared dinner, the girls drew pictures of them. After the pictures, the girls spread out and wrote letters for themselves about the trip so far. Next we taught the girls the

proper way to brush your teeth in the wilderness. Then we headed to bed with cultural folktales about heroines.

Day 4

After seeing a baby moose and its mother, we traveled to Waterville Valley for a full day of swimming and adventure. On the drive to the valley the skies were filled with dark clouds and rain. But the weather is always different in the valley, so the sun came out for us and gave us a perfect day. We hiked the Cascades to Cascades Falls where we went swimming in two different water pools with waterfalls. We ate our lunch in the sun on the nice and warm rocks. Before leaving for our hike back down to Depot Camp, we all got a special treat of a chocolate bar. On the drive back to our campsite we took the Kancamangus Highway and stopped at Otter Creek and went swimming at some natural waterslides. When we got back to the campsite, the girls had a talent show for the counselors as they cooked dinner. After dinner we all played a group game of psychologist which included many laughs as we made taffy from marshmallows. A few hours after going to bed it started pouring rain along with some thunder and lightning.

Day 5

This morning we woke up at 6:30 in order to pack up camp so we could head back to Wavus. We took down the tents and loaded up the van and had a small breakfast. On the way back to Wavus we stopped to Emerald Pool in Evans Notch to get some last minute swimming in. After a small hike in to the pool, we eagerly jumped in. We were able to jump off of the rocks into the cold refreshing water. We jumped as high as 15 ft. We played around for about an hour and a half, so we could

hit the road. On the way, we stopped to eat bagels and apples but saved room for ice cream from J-Scoop. It was the perfect end to a perfect trip.

Omaha

HBC: Charlotte Perkins

JC: Dylan Alles

JC: Bee Crudginton

June 28-30: Bigelow Mountains

Day 1

Today we packed up and left camp at 9 a.m. We drove for about 3 hours until we reached Round Barn Campsite in the Bigelow Mountains on Flagstaff Lake. When we got to our campsite, we set up all the tents and then had a delicious lunch of sunbutter and jelly sandwiches with cheese sticks and a lot of gorp! After that we all went swimming down by the water and played on the beach until it was time for dinner. We feasted on quesadillas and rice. After that we did skits by the fire and roasted s'mores. Then we brushed our teeth and tucked in early for a long day ahead of us.

Day 2

We woke up this morning very early and had oatmeal to start the day. After that we headed off to hike Avery Peak. The weather was beautiful and the view at the top was breathtaking. Getting up to the top took much encouragement from each girl but with hard work and persistence we summited. The hike took us about 6 hours in total. When we got back to the campsite, we went for a refreshing swim. Then we had dinner, which was delicious macaroni and cheese. After that we did some more skits and built a fire for us to enjoy into the evening. We decided to go to bed early again since we had such a long day.

Day 3

Today we got to sleep in a little longer, and woke up to the smell of pancakes wafting through the campsite. We packed up the entire site and ate our pancake breakfast. Then we said goodbye to the Bigelows and drove to Camden where we climbed Mt. Battie that had a beautiful view of the harbor. After we hiked that and had lunch, we drove back to Wavus by way of Round Top Ice Cream and jumping off the Damariscotta Bridge. It was a great trip and the entire cabin really worked as a team.

July 6-11: St. Croix River

Day 1

Today was our first day out on the St. Croix. After leaving camp at 6 a.m. that morning and driving around four hours to arrive at our put-in, we set out on our six-day canoe trip. Today was one of our longer days since we wanted to keep on going after our lunch stop on Birch Island. Here we had a fire going, on which we made mashed potatoes and had grapes on the side. After we were all filled up, we got back into our eight canoes and continued to paddle. We finally arrived at our site for the night - Squatter's Point. When we got here we were all very tired and ready for dinner. We set up all the tents, got out of our bathing suits and put on our warm clothing and then feasted on burgers with cheese and cookies for dessert. That night we had our first circle time on trip as a cabin where we went around and told everyone our least favorite part of the day, our favorite, and what we are looking forward to in the next coming days. After that, since the site had many mosquitoes, we turned in early to get fully rested for the next day.



Day 2

Today we got up early, packed up our site and loaded the boats to head out for another full day of paddling. For breakfast we were able to have deliciously toasted bagels with cream cheese and blueberries on top, yum! We paddled for the morning, taking rests when needed and, of course, lots of snack and water breaks. Today we completed our first portage. The take-out was in Vanceboro, Maine where there is a dam that cannot be crossed. We portaged all our gear, in a huge downpour, about a third of a mile to Russell Landing where we would put our canoes in to continue paddling. Here we took a break for lunch, which consisted of wraps with hummus, cheese, lunchmeat, and carrots on the side. After that the counselors went back to get some gear that we could not get on the first round, and while doing this, had an offer from a ranger with a pickup truck to drive our canoes over to our put-in. Once all of our gear was at the put-in, we all walked over as a group to the convenient store in the town and got a special treat of ice cream bars before continuing to paddle. We headed out and finally started our paddle on the official St. Croix River! We hit some Class I rapids, and, since the water level was nice and high, we did not have to worry too much about running into rocks. We got to a site called American Cove around 4 p.m. since it started to thunder so we rapidly got off the river. This was a very nice site, where we were able to set up our tents on level ground with a great place for dining. This night we feasted on Mexican, so everyone got a tortilla with rice, chicken and peppers. This night we could not build a fire since the wood was too wet, we had Oreos

and sat around to have a nice long circle time before going to bed.

Day 3

Today we woke up to birds making noises and had a delicious breakfast of warm oatmeal to fill our bellies. After packing up the entire site and checking for any trash, we always leave our sites better than we found them, we headed out to Little Falls early for our day by the falls. We paddled down the St. Croix for a little over an hour, saw some Maine wildlife such as a bald eagle and a turtle on a rock, and finally arrived at Little Falls, which had an abrupt pull-out with a very fast current. Here we tied our boats up and portaged all our gear to our site for the day. The weather was so beautiful that we got to lay all our clothes out to dry from the couple downpours that we got caught in. After setting up our tents, since it was still early in the day, we got to hang out, do some reading and went for a swim in the quiet part of the river.

For lunch we had pita bread with sun butter and jelly, with lunchmeat on the side with carrots. We continued to rest for the afternoon, and collected firewood for the evening. That night we had a campfire built by the girls. For dinner we had mini personal pizzas with optional pepperoni, this dinner really seemed to satisfy everyone! Then we roasted s'mores and told stories about our highs and lows for the day. What a great day we had at Little Falls!

Day 4

The next morning the campers woke up to a fire that the counselor built. After packing up the site, they sat around the fire while waiting for breakfast. We had the most delicious meal of pancakes with M&Ms! With, of course, our daily fruit of blueberries on the side. Then

we got to run the canoes down Class III rapids after talking through them and learning exactly what to do when you are running them. No one capsized and that was such a great way to start our morning. We continued paddling down the St. Croix over some more rapids that were mostly Class I. For our third night we slept at Loon Bay, which was a beautiful site where we dined on macaroni and cheese - a camper and counselor favorite! We also built a fire here, roasted s'mores and had a really nice cabin circle time before bed.

Day 5

Today we woke up early, packed up the site and had oatmeal for breakfast. We headed to our site on Egg Point. After Loon Bay we got back on the river and had our third and last portage of the trip. This portage was called Canoose Ledges. We carried all our gear on the Canadian side since that trail is more developed. After assessing the Class III rapids, we decided as a cabin that we all felt confident to run them. After completing that with only one capsized boat, we continued on to our last site of the trip. The head winds today were very strong so we took breaks for everyone to catch up and have some water and a snack. When we arrived, we were all so hungry that we had pita bread with jelly and Sunbutter for lunch with carrots and

hummus. We also made popcorn over the stove, which was such a yummy treat. That night we feasted on rice, chicken, peppers and tortillas. We built a big campfire and talked about our trip together as a cabin and shared our favorite parts. That night we went to bed so satisfied and ready to head home in the morning.

Day 6

Today was our last day of trip! We woke up early, packed up our site, had oatmeal, cereal and hot cocoa for breakfast and then headed out to the area where we were going to be picked up. This was a short paddle, so we took our time to take in the beautiful scenery. We finally finished our St. Croix trip feeling so accomplished! We got picked up around noon, loaded all of our gear and then headed back to Wavus! What a trip that was, where we all were able to get close as a cabin and share some really special times with each other.



Ojibway

HBC: Emma Murphy

JC: Tja Shorr

JC: Pamela Steger

July 1-3: Bigelow Mountains

Day 1

This morning we enjoyed a lavish Wavus breakfast before packing the van and heading west for the Bigelow Mountains. The three-hour car ride was consumed with sing-alongs to One Direction and Call Me Maybe. After finally reaching our campsite, despite a few unintentional detours, we made a delightful feast of chicken quesadillas with all the fixings. We then proceeded to set up tents and enjoyed a leisurely afternoon full of swimming, games, and a nice long nap. When dinner time finally came, we settled in and made the most delicious bacon and avocado cheeseburgers. The night ended with s'mores and mounting excitement for the days of hiking to come.

Day 2

Today began bright and early with a wakeup call at 6:45 a.m. We packed our daypacks in record time and enjoyed a breakfast of oatmeal and fresh fruit. We left camp at 8 and traveled into Carrabassett Valley to meet Henry Kennedy for a hike in the Sugarloaf area. After venturing up the Sugarloaf Access Road, Henry guided us to a trail up Burnt Mountain. Henry, along with his dogs Ebby and Stanley, joined us on our hike up the mountain. Our endurance proved to be extremely impressive as we reached the summit of the two-mile mountain in a little over an hour. Unfortunately our arrival on the summit turned out to be simultaneous with a passing rainstorm. When the rain finally ceased, we enjoyed a picnic lunch on the peak.

After an impromptu photo shoot with the magnificent views, we headed back down the mountain with the dogs in tow. Laughs were heard when one of the campers exclaimed, "These dogs are always in the way!" but after finishing the climb we all agreed they were a nice addition. When we returned to the campsite, we enjoyed a swim, making it an enjoyable and leisurely afternoon. Then, when the sun began to set, we started creating some yummy personal pizzas. We spent the remainder of the night eating scrambled brownies and performing "leave no trace" skits around the fire - a great end to a great day!

Day 3

This morning we slept in and began our day with an extravagant breakfast of M&M pancakes and bacon. Our camp was packed in record time, the van was loaded, and we were ready for a day of adventures before heading back to Wavus. On our way back we stopped for a nice hike along Flagstaff Lake, the lake we had been camping on, which led us to a hut maintained by the Maine Huts and Trails Association. We were all amazed when the hut turned out to be a luxurious lodge in the middle of the woods. In the comfort of the so-called hut we enjoyed a picnic lunch and polished off various candies that had been sent via care packages. We then enjoyed our hike back to the van and piled in for the three-hour ride. Once our initial sugar highs from the candy had ceased, we rounded off the trip with a stop at J-Scoop where we shared our highs and lows of the adventure. The trip was a great prelude for what's to come on the St. Croix.



July 11-16: St. Croix River

Day 1

This morning we woke with the sun and started our day with a rushed cereal breakfast. We scurried to finish packing as the arrival of Wavus' notorious bus driver "The One" was looming. Once the van and trailer were packed and ready, we embarked on our six-hour journey to the boundary waters of Canada and Maine. We were slightly disappointed by the lack of stories "The One" shared, however, we managed to enjoy the ride in between naps and occasional sing alongs. Once we were dropped off along the first lake we intended to paddle, we enjoyed a picnic lunch of cold cuts, apples, and assorted snacks. We then loaded our boats and took off on our 6-day excursion. Much to our pleasure, the first day of paddling was short and sweet - it was comprised of a mere two-hour paddle across a beautifully remote lake. We arrived at our campsite on Burch Island with plenty of time to nap, play, and enjoy each other's company. After an afternoon full of various shenanigans, we scarfed down a dinner of bacon, avocado cheeseburgers then topped off the evening with s'mores and skits around the campfire. It was a great end to a great day!

Day 2

Today began with a 7 a.m. wakeup call and a scamper to pack up the campsite. Once things were packed, we inhaled the most delicious breakfast sandwiches any of us had ever had while camping. In the midst of breakfast the campers decided to celebrate Emma's birthday by spontaneously singing happy birthday. Once our sandwiches were mildly digested, we packed our boats and headed out for a beautiful morning of lake paddling.

We were enjoying our paddle so much that by the time noon rolled around we had already passed our intended campsite. We turned around to seek out our site but realized the lake's notorious headwinds were far too strong for us to combat. After admitting our defeat, we paddled to Canada to enjoy our lunch and regroup. We then decided to move on along the Canadian border and camp on Indian Point. Upon our late afternoon arrival we took an immediate dip then set up camp and began cooking Mexican rice and quesadillas. In an effort to celebrate Emma's birthday, we whipped up some scrambled brownies and enjoyed more skits. Despite the extra paddling, the day seemed to be a success.

Day 3

This morning we awoke at 7 a.m., intending to have a leisurely day of river paddling. We enjoyed a breakfast of bagels and fruit, then paddled to nearby Vanceboro for our portage. Unfortunately, the water level was far too high for us to safely put in beneath the dam, which was only a brief walk from where we took out our boats. Instead, we were forced to carry our boats and gear down a mile-long stretch of road in order to find a safer put-in spot. After a grueling three hour trek, we enjoyed some cool beverages including Coca-Cola and lemonade along with our lunch of deli sandwiches, then headed down the river. We made it to our campsite at Little Falls in the middle afternoon, set up camp, and proceeded to enjoy a refreshing and well-deserved swim.

That night we shared stories of the day while gnawing on delicious pita pizzas prepared by a few of our very own campers. As darkness fell, we enjoyed each other's highs and lows of

the trip along with some hot chocolate and cookies, then hit the sack early after our exhausting day.

Day 4

We began day four by allowing ourselves a leisurely morning after the intense two days we had just endured. Once camp was packed and our cereal and fruit was eaten, we launched our boats and floated down the river. The morning was met with beautiful weather and an enjoyable mix of a gently flowing river and some exhilarating white water. Everyone did a magnificent job paddling the rapids; so much so that we allowed ourselves to basically float down any portions of the river that seemed to lack obstacles. Despite the leisure this day allowed, we managed to reach our campsite at lunchtime. The rest of the afternoon was spent lounging, reading, and diaper diving! (A favorite pass time of ours as it allowed us to float and frolic with each other in the river.) As the afternoon faded to evening, we enjoyed another camper-prepared meal of grilled cheese and tomato soup; some well-deserved comfort food! Before bed, Pam treated us to dessert pizza, then we all went our separate ways to work off our sugar highs and enjoy time with our tent mates.

Day 5

Our final full day on the river began with an oatmeal breakfast and a quick and painless take down of the campsite. We paddled down the river and enjoyed another mix of rapids and gently flowing water. After a simple portage around some dangerously fast white water, we met our last set of rips and managed to get into a little bit of trouble as Crinny and Gracie wrapped their canoe around a vicious rock. Thanks to their quick

thinking, we managed to rescue all of their gear but had to sacrifice the boat and go on without it. We floated down the river for the rest of the day and enjoyed seeing various forms of wildlife including water buffalo; quite the surprise! We reached our campsite at Egg Point in the afternoon and indulged in another round of diaper diving. After spending our afternoon on and in the water, we settled down for our most anticipated meal yet - dank! We cooked our beloved cheesy pasta over the fire then ended the night with s'mores and recollections of the trip.

Day 6

The final day of the trip began with a lazy morning of S&M pancakes and traditional camp games until we decided to pack up the camp site and head out. We enjoyed a two-hour leisurely paddle, then met "The One" at our pick-up point. As we were loading the trailer we realized, much to our horror, that The One's baby kitty had gone missing. We spent the next hour vigorously searching the woods for Minnie Mouse until Lane finally spotted him. The One dove in and grabbed the cat, we packed up the van, then finally began our trek back to camp. We stopped at McDonalds for a brief lunch, then enjoyed crazy tales of The One's colorful life. When we finally returned to camp, friends and the smell of a wonderful camp made meal greeted us. While we were excited to return, we were certainly nostalgic for the great times we had on the river.



Osage

HBC: Courtney Krolikoski

JC: Claire Hirschberg

JC: Alice Lazare

July 5-7: Bigelow Mountains

Day 1

Today we headed out in the vans after having a delicious breakfast at Wavus. We piled our bags and our supplies into the trailer and then we were off - excitement was certainly high! On the drive up to the Bigelow Mountains, we rocked out to One Direction; everyone was singing along and talking about how excited and nervous they were for the hiking portion of our summer. Once we got to camp, we brought our luggage to our site - a small, but cozy area right on the water. We spent the afternoon swimming, joking around, and getting acquainted with our new home. For lunch we made grilled cheese sandwiches and learned how to properly set up and use the Coleman stove.

The evening was spent learning important Leave No Trace (LNT) principles and other assorted camping skills that would be important for our trip on the St. Croix River. For dinner we made some delicious fajitas with chicken, rice, peppers, and onions. The girls prepared skits about "what your counselors would be like in a rock band" and performed to see which tent group would have the first fajitas! The entire group helped to prepare and clean the meal. After dinner we shared a fire pit for a short time with a cabin from Kieve who happened to also be at our campground. We played a few hilarious rounds of 'veggie wars' and shared s'mores. After that it was time for bed - everyone was excited for their first night in tents for the summer and

eagerly looking forward to the hike in the morning.

Day 2

Today we woke up at 7 a.m. and enjoyed a breakfast of yogurt and granola and some fresh blueberries and raspberries. Giggles were shared over their first night in the tents and everyone prepared their bags for the day's hike. Around 9 a.m. we set off to hike Little Bigelow Mountain. The weather was fairly warm, but the humidity was incredible! We hiked passed a gorgeous brook and stopped for a few breaks to eat some GORP, drink some water, and admire the views and the forest. Along the walk we played a game where everyone came up with a category (like "favorite food" or "favorite country") and then everyone else answered. It was a lovely way for both campers and counselors to get to know each other better. Around 1 p.m. we stopped where our first trail met the Appalachian Trail and sat down for a leisurely lunch of peanut butter and jelly sandwiches and apples. We explored the area because of the giant rock formations and coolness of the shade. Everyone was discussing how fun the hike had been so far and looking forward to heading out on the AT. Once we started up on the next portion of our hike, we ran into the At Sea II cabin that was on their third day of their trip - it was a wonderful moment to stop and discuss hiking with the older girls, as Osage will be doing the At Sea program next year! This really made the girls excited for the rest of their hike! After we parted ways, we hiked on for a while longer and reached a beautiful viewpoint out over Avery Peak where we stopped to rest and take a few moments of silence to appreciate all we had done that

day. The hike down was a lot of fun - songs were sung as well as moments of quiet reflection to simply enjoy the hike. When we got back to our camp, everyone jumped in the lake and enjoyed a nice relaxing swim while dinner was prepared. We enjoyed hamburgers & veggie burgers with tomatoes, avocado, BBQ sauce, and other delicious toppings. For dessert we made scrambled brownies with M&Ms and marshmallows - these were delicious and a nice reward after a wonderful day of hiking. Then we spent the rest of the evening chatting and enjoying the sunset and then went off to bed - everyone was exhausted!

Day 3

Today we woke up around 7 a.m. and broke camp. For breakfast we made pancakes and enjoyed them with the leftover M&Ms and maple syrup. The girls learned how to properly take down a campsite and used their LNT skills to clean up after themselves so that it looked as though we had never been there! We decided on a shorter hike for the morning. We went back much the same way we had hiked yesterday, but instead stopped to spend a refreshing hour at the brook we had only crossed. The girls enjoyed splashing around in the water and playing in the little waterfalls and reflecting on their first trip of the summer. The cold water felt really good on everyone's feet after such a long hike the day prior! After this we hiked back to the campgrounds and made PB&J sandwiches, string cheese, and more GORP.

After lunch was over we piled into the van, stuck in the One Direction CD and headed back to Wavus. Once we were almost back, we stopped at J-Scoop and enjoyed some refreshing ice cream and reminisced about our

adventures. Once we got back to camp, the girls were so excited to tell everyone about their trip! We're all super excited for the St. Croix trip now!

July 13- 18: St. Croix River

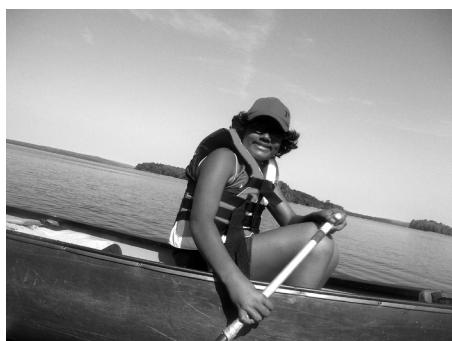
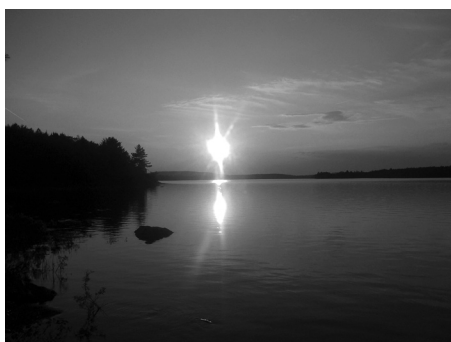
Day 1

Day one of our six-day canoe trip began with a sunrise wake-up in order to get on the road for our 5-hour drive to the American/Canadian border. After loading boats we had a quick lunch of cold cut sandwiches before we pushed off for a leisurely lake paddle to our campsite on Birch Island. For dinner we enjoyed delicious burritos with veggies and chicken. The counselors taught us how to build a fire and we then enjoyed a delicious dessert of s'mores. From Birch Island we had a lovely view of Canada and we watched a beautiful sunset on the point of the island before curling up in bed excited about the days to come.

Day 2

Today we woke up bright and early to take down tents for our first full day of trip. After a delicious breakfast of yogurt and granola we loaded up boats to begin paddling. We paddled hard as the morning clouds cleared to reveal a perfect blue sky. We made good time and reached our campsite by lunch where we enjoyed turkey and cheese sandwiches before resting and playing Uno at the site.

The afternoon passed quickly and soon it was time for a pizza dinner made with real pizza dough. The pizzas were delicious and Anika's cookies for dessert made the meal an instant favorite. We all climbed into our tents just as some heat thunder cracked in the distance, but, warm and snuggly in our sleeping bags, we drifted off to sleep.



Day 3

Today for breakfast we enjoyed a quick meal of bagels and cream cheese before taking on the last bit of lake paddling. We pushed past headwinds to reach the dam by noon where we began our portage after a lunch of peanut butter and jelly sandwiches. We were lucky enough to have some friendly Mainers drive our gear down to the portage site while we portaged three of the canoes on the long road in the 95 degree heat. It was a challenge but by the end we enjoyed a cool coke and were ready to finally get on the St. Croix River and paddle on to our site for the night. After setting up camp, we enjoyed a delicious dinner of burgers before settling into our tents, sleepy after a long day.

Day 4

We got up early and broke camp with record speed after a breakfast of bagels and cream cheese. On the river we paddled hard to take on flawlessly countless rips and rapids. We then hit our second portage of the day which went well - some of the girls even volunteered to portage boats down the trail. Then the counselors ran the rest of the boats to much applause and cheering. We enjoyed a quick pep and cheese lunch on the river before taking on some last rips and reaching our campsite by early afternoon. For dinner we cooked over a fire that we built and had hotdogs and potatoes before a dessert of s'mores. We all enjoyed seeing how to cook only using the fire and loved the meal. Then we curled up in our tents to sleep.

Day 5

We woke up early to break camp and enjoy a quick cereal breakfast before getting back on the river. The day started off with some quick

rapids which we all ran with ease after yesterday's rapids. We reached Canoose Ledges where we portaged in Canada while Claire and Alice ran the rapids. From the rapids it was a quick paddle to the campsite for the night and we enjoyed having a lazy afternoon hanging out around camp. We had a lunch of peanut butter and nutella or grilled cheese before napping and hanging out. For dinner we had pesto pasta with chicken and a dessert of all the yummy treats we had received in packages from the session. After some cabin bonding and a massage contest, we all settled into our tents to rest up for our last day.

Day 6

We woke up early for our last day on the river, excited to go back to Wav, but sad to see that trip was almost over. We enjoyed a breakfast of apples and granola bars before pushing off to paddle the last few miles to the take-out. The sun shone brightly and the paddling passed quickly. Before we knew it we were greeted by Jim at the take-out to load up our boats and head back to Wav. We enjoyed one quick last peanut butter and jelly trip meal before enjoying a dance party all the way back to Wav - excited to have finished trip and proud of our success on the river.



Shawnee

HBC: Krista Cote

JC: Claire Donovan

JC: Sara Schlosser

July 2-3: Damariscotta Lake

Day 1

We woke up at 7:00 a.m. and took our river duffels down to the canoe dock. After eating breakfast we made our lunch and were on our way. We paddled for two hours and arrived at Cool Island at 10:30 a.m. We unloaded our canoes and pitched our tents in no time. We had turkey sandwiches around the picnic table and then ran for cover from the heavy rain and thunderstorms. About two hours after the storm stopped, we successfully practiced T-Rescues in the water. To warm up we built a campfire, and waited for Claire to arrive. We then ate chicken tortillas for supper and watched the sun set behind the marsh.

- Cricket

Day 2

Today, we woke up at 7:00 a.m. We took down our tents, had a bagel breakfast, and packed our tents and gear. Henry came over to say hi in his boat with his two dogs. At 9:30 a.m. we started canoeing, singing songs like the Fanny Pack Song, the Littlest Worm, and the Great Big Moose. We saw a lot of loons, and had fun being rocked by the waves of the motor boats that drove past us. We arrived at camp just in time for lunch, unpacked all of our gear, and finished our trip with J-Scoop! - Katie

July 9-14: Baxter State Park

Day 1

We got in the car around 9 a.m. after a delicious breakfast at Wavus. We all ate as much as possible so we wouldn't be starving on our four-hour car ride. In

the car we all sang songs, mostly One Direction. Most of the cabin fell asleep for about an hour, and then passed the time with our books. We stopped halfway for lunch at a gas station and had turkey sandwiches. We arrived at Baxter State Park around 3 p.m. and set up our tents. We then ate chicken burgers with avocado. After supper we passed around the football, and then sat by the fire before heading to bed. GOODNIGHT!

- Lily Epstein

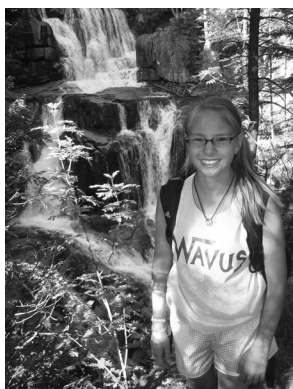
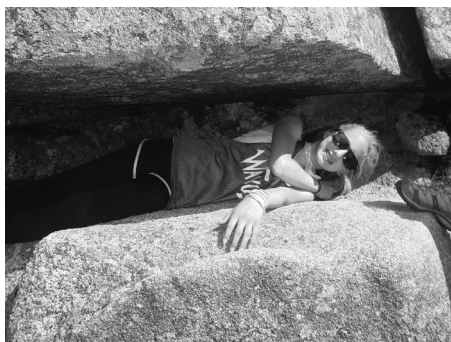
Day 2

We woke up and had French toast for breakfast, and then packed for our hike. We loaded up the van and drove to Kidney Pond. We hiked up Sentinel Mountain which was 5.6 miles round trip. We started off strong, but about halfway up the mountain, we started to get a little tired. We stopped every once in a while for water breaks and snacks. When we reached the top, there was a beautiful view and we ate turkey sandwiches. We hiked back down in a little bit of rain, but it stopped as soon as it started. When we got back to camp, we changed into our bathing suits and jumped in the van to play at the natural water slides. Even though the water was freezing, it was a lot of fun. We drove back to the campsite and had a dinner of bacon avocado burgers; we had a campfire and then went to bed.

- Ellie Baker

Day 3

Today was the day we took on Katahdin! We woke up at 5 a.m., had a world record fast breakfast of sun butter and honey bagels. We were on the trail by 6 a.m., and kept a good pace on Hunt Trail, which is 5.2 miles one way. There were a lot of false peaks, especially during the bouldering section. The bouldering turned out to be everyone's favorite part! When we



were a few feet away from the summit, we all held hands and touched the sign together. We ate lunch at the top for an hour, and then turned around to finish hiking at 6:15 p.m. We were all so hot and smelly, so we went straight to the natural waterslides to rinse off. We had spaghetti for supper, everyone had seconds, and some people ate up to seven bowls! For dessert we each got our own bag of S&M's! Everyone ate them so fast! After, we cleaned up and were in our tents by 9 p.m.

- Katharine Dougherty

Day 4

Today for breakfast we had chocolate chip pancakes. We also had a cabin birthday. To celebrate Kaitlin's birthday we hiked a mile to the Big Niagara waterfalls. We swam in the water but we had to stay away from the waterfall because the current was too strong. We relaxed, ate, and read books for a few hours, and then headed over to the natural waterslides. Then we went back to the campsite and had pita pizzas for dinner. Afterwards, we had birthday cake. Finally, we invited Kieve to join us for s'mores around the campfire.

- Kaitlin Wilson

Day 5

We woke up at 8:30 a.m. and had pancakes with baked apples and cinnamon with brown sugar on top. After breakfast we went on a 2.4 mile hike to Elbow Pond. The view was gorgeous; we hiked through what looked like an enchanted forest, and then walked across a bridge over the pond. We returned to the camp to eat sun butter and honey sandwiches, and returned to our favorite natural waterslides. We made our last camp dinner, burritos, and then baked sweet potatoes in the fire. We covered them in brown sugar, and then went to bed.

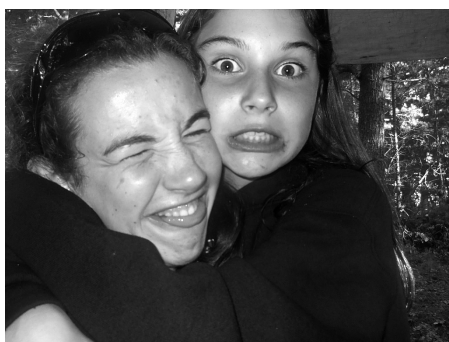
GOODNIGHT!

- Claira Sanborn

Day 6

Today was our last day at Baxter State Park. We woke up around 7:30 and had sun butter and honey for breakfast. After a light rain storm we loaded up the trailer and hopped into the van for our 4-hour drive home. We stopped at Subway and ordered sandwiches that were not sun butter and honey! We finished the trip with J-Scoop and then cleaned the vans!

- Jordana Roet



A.T. Sea I

HBC: Quail Bell

JC: Kat Geppert

JC: Mac Peters

June 28: Sea Kayaking Primer

On June 28th our cabin did a primer trip around Damariscotta Lake to get the feeling of being in a sea kayak. We packed the kayaks up as if we were going on our trip minus all the food. We loaded tents, sleeping bags and pads and personal gear. To our surprise the sea kayaks were quite heavy. We stopped at Treasure Island to make a bean, rice and cheese burrito. After a delicious lunch we paddled over to J-Scoop for some well-deserved ice cream in the scorching hot day. In total the paddling, loading and unloading took about 5 hours.

June 30: Hiking Primer

On June 30th we left Wavus around 9:30 a.m. to hike our primer trip up in Camden Hills. As with our Sea Kayaking primer, we filled our backpacks with the tents, group gear such as pans and pots, whisper lights and the med-kit, along with everyone's own personal gear. The drive to Camden Hills was short, only about a forty-five minute drive and it was a perfect sunny, cloudless day. Once we got to the start of Maiden Cliff Trail and we started hiking up, the girls were quite surprised about how heavy the backpacks were. Sadly we only hiked half way up but we stopped to have peanut butter and jelly pita sandwiches on the side of the mountain. Overall it was a really fun hike and gave the girls a perspective of what to expect for the backpacking portion of our trip.

July 4-8 Sea Kayaking

Muscongus Bay

Day 1

Our first day trip! We got up at 6:30 this morning to finish packing up our cabin, loading the sea kayaks onto our trailer and making sure everything was packed for the trip. We went to flag at usual time of 8 a.m. and the theme was USA since it was 4th of July! Shortly after breakfast in the Jewell, Sara Taylor drove us to Bremen where we started our sea kayaking portion of the trip. From the Kieve-Wavus landing we paddled to the north end of Hog Island to set up camp, the paddle took about 45 minutes. While paddling to our campsite, we came across Cherokee cabin and a Kieve cabin on the Snow Goose. Once we got to our campsite, we quickly unloaded the kayaks and pulled them up on shore so they wouldn't float away with the rising tide. For lunch we made hummus, turkey and ham pitas with cucumber and avocado. After lunch everybody set up their tents for the night, went for a swim and explored the Island. While staying on all the islands we have to pack everything out including our human waste. Counselors showed the girls how to use 'wag bags' and performed a little skit in how to use them properly. Every day on trip there was a leader of the day who helped to lead us to the next campsite, help with meals and all around is a junior, junior counselor. The leader of the day is also in charge of leading circle at night, where she chooses a topic for everyone to share and she is also in charge of picking the L.O.D. for the next day. Today's leader was Isabel. For dinner we made chicken patty sandwiches with cheese, avocado and onion on a toasted bun and for dessert



candy! Overall our first day was so fun and everyone was super excited about being on trip.

Day 2

Today everyone slept in a little and we had a lazy morning. For breakfast we made egg, bacon and cheese sandwiches. All morning it was overcast and rained on our paddle over to Thief Island, which took about an hour and a half. Today's leader was Cam. Everyone did a great job on our first paddle. As we paddled over to Thief, we saw that our campsite was being occupied by another girls' camp from New Hampshire. Luckily there was another campsite on the north end of the island. This campsite was a little cramped but it seemed to be everyone's favorite because of a little seal pup we named Timothy who hung out on the island with us all day. We tanned, read and played card games all day and made long grain garden rice for lunch. Everyone was super excited about our dinner of pesto macaroni and cheese. We went to bed semi-early because we were waking up around 4:45 to do a sunrise paddle for Mac's birthday.

Day 3

Our third day of trip and Mac's 19th birthday! We woke up with the sunrise to paddle from Thief to Cranberry Island. Leader of the day was Sabrina S. and she helped lead the paddle to Cranberry which was about an hour and along the way little porpoises swam with us, it was beautiful. Since we did such an early paddle, we had Cliff Blueberry Bliss Bars and Luna Chocolate Raspberry bars. We went to explore Black Island to see if we could stay there but the tides were low and we couldn't get to the island. We stopped on Friendship Island to have a snack and put on sunscreen, then

continued on to find our new campsite on Cranberry Island. This island's campsite was very beautiful and had a little beach and bay for the girls to swim in. Once camp was set up, we made cinnamon rolls for lunch. Everyone went for a swim, explored the island, tanned and napped before dinner. We made pizzas with mozzarella cheese, bell peppers, onions and pepperonis for dinner. Since today was Mac's birthday we had a special dessert where the girls made scrambled brownies with pretzels, Oreos and M&M's for her. The girls made a birthday song for Mac to the tune of 'Wagon Wheel' by Old Crow Medicine Show; it goes 'Happy Birthday, you're 19/ Sorry that you're stuck AT SEA/ Hey Hey Happy Birthday. Happy Birthday like a good soccer game, Happy Birthday like you're sky diving/ Hey Hey Happy Birthday. We all sang this song to her during a beautiful sunset of orange, pink and purple smeared across the sky.

Day 4

Our fourth day of trip and we were wind-bound on Cranberry Island, we ended up taking a rest day and hung out all day and relaxed. Today was Emily's Leader of the Day turn. For breakfast we ate Kashi and Honey Bunches of Oats cereal with vanilla soy milk. Lunch was peanut butter and jelly Pitas. For dinner we made bean, rice and cheese burritos, so yummy! After dinner there were a lot of fireworks that started going off. We ate Oreos and milk around a campfire and told ghost stories. Our rest day was well-deserved and everybody enjoyed it.

Day 5

Our fifth day of trip! We woke up fairly early because it was so windy that it was shaking our tents. Today

we had to paddle back to Hog Island because we were getting picked up and transferred to the hiking portion of our trip the day after. Leader of the day was Sabrina E. We made M&M pancakes while we were waiting for the tide to come so we didn't have to drag the kayaks so far out. The paddle to Hog took about four hours because we were paddling against headwinds the whole time. We made it halfway, to Crow Island, in about two hours where we took a little break and had a snack. While taking a break on the island, we saw a little family of stingrays swimming under the kayaks. Once we got to Hog, the JW cabins Respect and Responsibility were there, too. All of us went swimming and jumped off the docks since it was such a beautiful day. We set up our tents near the Fish House so as not to disturb the JW cabins. For dinner we were able to cook on the grill and make grilled cheese and tomato soup. We all went to sleep fairly early because we were waking up at 5 a.m.

July 9-13: Bigelow Mountains

Day 6

Our sixth day of trip and the day we get transferred to the Appalachian Trail! We woke up at five, had oatmeal for breakfast and made a speedy paddle back to the Kieve-Wavus landing. Once we got back there, we had to unload the kayaks, clean them and separate all the trash and spare food. The whole process took about an hour. Kate came to pick us up right on time at seven and we loaded our gear, changed out of kayaking clothes and put on our hiking clothes. Leader of the Day was Katherine. Along the way to the Bigelow Mountains we stopped at Dunkin Donuts for a well-deserved, yummy treat. We got to Stratton Brook, the drop-off area,

where we met up with AT Sea 2 and exchanged stories and advice around 11:30. It took us a little while to eat lunch and pack our backpacks up and start hiking. We didn't get on trail till about two in the afternoon and hiked for about eight or so hours. The hike was about four miles all uphill and the girls weren't used to carrying about thirty pounds on their back, so it took a little longer than expected to get to our campsite. The Appalachian Trail is so beautiful with all the trees, streams and wildlife. While on the trail we saw lots of 'Thru-Hikers' going Northbound or Southbound. We got to Horns Pond Lean-To around nine at night and slept in two lean-tos. We quickly made chicken patties with cheese and onion sandwiches for dinner and crawled into bed.

Day 7

Our seventh day, on the trail! We woke up around seven and made egg, cheese and bacon sandwiches before setting out on the trail. We finally started hiking around ten. Today's leader of the day was Caroline who helped lead the hike which was three miles uphill and we reached the summit of South Horn and West Peak. We stopped halfway on South Horn to have hummus, cucumber, snow peas and turkey pitas. We hiked for about four more hours until we reached Avery Campsite around six. We unpacked, set up camp and went in search of water by a nearby spring. We made pizzas for dinner and they were delicious.

Day 8

Our eighth day of trip! Today's leader of the day was Alina. We did a double-day and hiked about eight miles all together; the hike took about twelve hours. It was an exhausting day

but well worth all the beautiful views. We woke up pretty early, ate cereal for breakfast and were on the summit of Avery Peak by 7:30 in the morning. While hiking we sang and played games to keep us occupied. We stopped at Stafford Notch Campsite to have Nutella, peanut butter and jelly pita sandwiches. After lunch we reached the summit of the Little Bigelows and got to Little Bigelow Lean-to around eight at night. For dinner we made bean, rice and cheese burritos. We made a fire and had s'mores and then we all turned in early.

Day 9

Our ninth day of trip! Our leader of the day was Anna. The hike from Little Bigelow Lean-to to West Carry Pond Lean-to was a flat seven and a half mile distance. We ate bars for breakfast so we could start hiking early. The girls were pretty cheerful and happy because we didn't have to climb any more mountains. We stopped to have a Nutella, peanut butter and jelly sandwich about halfway through the hike. The hike all together took about five hours. Once we reached West Carry Pond Lean-to, we all went swimming in the pond which was very refreshing since it was such a hot day. Since we got to our campsite early, we were all able to relax and play games before dinner, it was nice to spend our last night on the trail together. For dinner we made pesto pepper-jack macaroni and cheese. We all turned in early because we were going to wake up early to make it to our pick up point.

Day 10

Our tenth day of trip! We woke up at four thirty in the morning and were out on the trail by five thirty. We just had two granola bars to eat while hiking for breakfast. The Leaders of the Day

were Katherine V.W. and Georgia. It was a five-mile hike to our pick up at the main logging road. The hike was very flat and we were practically running to our pick up point. We stopped at East Carry Pond for about a half hour to snack, eat candy and rest. Then we hiked for about an hour more and we were there! We arrived at the main logging road at nine thirty in the morning. We made it to Bremen around seven where the other AT Sea group and directors greeted us with a feast! We had steak, veggie burgers, baked potatoes, humus and ranch dressing with carrots and celery and cupcakes for dessert. All the girls slept in the Yurts and the counselors in tents. We all hung out together as one big cabin and it was so fun debriefing about the trip and hearing everyone's perspective of the trip.

Day 11

We all woke up around seven thirty to start packing up and loading the kayaks. The HBCs went to get Dunkin Donuts for everyone, which was a nice treat. After everything was all packed and loaded, we all went for a swim then started painting the faces of the campers like Zombies for our entrance. Our entrance was that both A.T. Sea groups had turned into Zombies and were coming to terrorize the camp. They all did a great job of acting and were so grateful to be back at Wavus.



A.T. Sea II

HBC: Brooke Bowhay

JC: Claire Lupo

JC: Casey Sutton

June 28: Hiking Primer Camden Hills

Today was our primer for the hiking portion of our trip on the Appalachian Trail. After eating breakfast and packing up backpacks with all the gear we will be carrying for our actual trip, we headed out to Camden Hills State Park. There we hiked a steep trail to the summit of Mt. Megunticook. It took us a little less than an hour to get to the summit where we made quesadillas for lunch and practiced using the whisper lite stoves. All of the girls did an amazing job and showed they were ready for the trip.

June 30: Sea Kayaking Primer Damariscotta Lake

Today was our primer for the second part of our trip, sea kayaking through Muscongus Bay. We loaded up our kayaks with gear, packed up snacks and a lunch, and headed out on Damariscotta Lake. We started by the canoe/kayak dock at camp, went around the point to Treasure Island where we stopped for lunch. After resting a playing a few games we packed up and headed to J-scoop for ice cream! The way back had strong winds which made the paddle all the more difficult, but good practice.

July 4-8 Bigelow Mountains Day 1

After a long 3-hour drive filled with music and sleeping, At Sea II arrived at the bottom of the Bigelows and a section of the Appalachian Trail. It took a while to adjust the backpacks;

no one was used to carrying 40 pounds on their backs. When everyone was set with clothing and group gear, we started the 5.3 miles hike to our first campsite. Within two hours we reached a small beach where we relaxed and ate turkey sandwiches for lunch. Then we got back on the trail and finished the day's hike! That night at West Carry Pond Lean-to we had cheeseburgers with avocado for dinner.

- Isabel (Ice-O-bel)

Day 2

We lightened our load a bit this morning by starting the day off with egg and cheese sandwiches. Today was the longest day. Seven miles. It may not seem like a lot because in a car it would take around 7-8 minutes, but with a backpack nearly as heavy as yourself, it is harder than you think. The hilly stretch of trail went by fast, but the last few miles were quite hard. When we arrived at the Little Bigelow Lean-to, we automatically jumped into these freezing cold tubs which felt so nice. That night we had a dinner of rice, chicken and sautéed veggies. Delicious. After today we felt like we could accomplish anything. - Alix

Day 3

Today we woke up and ate oatmeal for breakfast and started our hike. It wasn't hard at first, but soon enough it got steeper and harder. We hiked Little



Bigelow and it was a little difficult, but when we reached the summit it was an AMAZING view. It was a lot of uphill and downhill. We were just minutes from our campsite when we stumbled upon Osage on trail! It was really fun seeing other girls from Wavus on trip, and getting to tell them about all we'd accomplished so far. Shortly after we got to the Safford Notch Campsite and had yummy pizza for dinner, and candy bars for dessert. - Molly

Day 4

Today we woke up and packed all our hiking materials as usual, taking our food out of the squirrel hangs and dividing up the food and gear. We got to have a nice breakfast around a fire pit eating honey/sunbutter English muffins. It had rained the day before so some of our clothing was a little damp, but we had waterproof covers for our packs which helped a lot. Beginning our steep hike, we sang songs and



pretended to be characters in “Toddlers and Tiaras.” Although the mountain was pretty steep, the hike went by quickly, and we soon were able to see all the mountains we had previously climbed. The view was well worth the hike. We were very near the clouds. After arriving at the campsite pretty early in the day, we decided to do the double hike for the day. All in all, we completed around 5.5 miles to get to Horns Pond Lean-to. Most of it was uphill. Cheesy pasta for dinner was tasty. Thank you for listening to my story! Also, the weather is calling for a dance party!

- Margaret Dent

Day 5

Today we woke up late because we were a day ahead of schedule. We hiked the 3.6 miles, ALL downhill, talking about how fast the first part of the trip had already gone by. We ate grilled cheese and finished most of our gorp today. Dinner was top ramen, finished with hot chocolate with granola bars for dessert. After the last dinner on the AT at Cranberry, we chatted about the next part of our trip, and about sleeping in the next morning with only .7 miles to hike to the pickup spot! Later we moved to our tents to chat some more and go to sleep.

- Austin

July 9-13: Sea Kayaking Muscongus Bay

Day 6

This morning we got to sleep in! We packed up quickly, and had a yummy oatmeal breakfast. We then scurried to finish our last mile on the AT to get to Stratton Brook Road! We were overly prepared for the hike and finished with an hour and a half to spare. There were a few games of mafia and hair braiding circles before the white Wavus

van arrived! Everyone went CRAZY! We then gave @ C 1 some helpful tips before we packed up and got out of there! We stopped for lunch at an Italian café and were surrounded by temptations of sugar and saltiness! We were in a hurry though because we had to get to Bremen to start our kayaking adventure. When we arrived, we had a blissful reunion with Hannah and Margaux (who were unable to do the hiking portion). The islands we were supposed to stay at were all occupied so we decided to cook lobsters and stay at Bremen instead. The JKs were staying at Bremen. For dinner we had burgers with a special option of LOBSTER! Everybody is super-pumped to find out our kayaking partners and to get paddling! Also S'MORES! @ C 2!

- Syd Graul

Day 7

Today was Mexican Fiesta Day. We woke up on Bremen and got ready for the day w/bathing suits, packed up and ate breakfast. We crossed paths with the J-dubs and helped them bring up the kayaks and talked. We got our sea kayaks ready for the day and set off to Thief Island after a hearty breakfast of oatmeal with fresh fruit and receiving new gorp bags. After a pretty long paddle for about 1.5 hours against the current and wind, we reached Thief. We struggled to drag all the heavy kayaks up high enough so the tide wouldn't reach them. We sat and had turkey and cheese sandwiches while resting our hurting arm muscles. We chatted, relaxed, swam, washed off, read, and explored. We caught crabs and got good at skipping rocks. We also made art with rocks. We used wag bags for the first time! Later some of us began to make a spa for ultimate

relaxation. We had a very yummy Mexican dinner consisting of spiced rice w/peppers and onions as well as chicken. We made skits about Mexican fiestas for the food. We did each other's hair, played cards, read and got ready for bed.

- Sophia

Day 8

Today was goat day, but there have been no goats seen yet today. We started the day with eggs and fruit at Thief, the eggs were so good today. After that we went for an hour paddle to the north end of Hog Island. When we got there, the tide was out so you could see the hermit crabs and snails, they were very fun to play with! In the afternoon some of us gambled our gorp (it was very intense). For dinner we had pizza which was very good. The counselors used the leftover dough to make a sweet dessert with honey that was TASTY! At the end of the day we made a list of all the things we had learned so far over the past 8 days, and I realized that it was A LOT! At least 3 pages of important things that we learned; I am very happy to bring all of that back to the WAV.

- BABBOOSKA (Zozo Fox)

Day 9

Today was ROCK N' ROLL DAY! We were supposed to get up early for a sunrise paddle, but it was too foggy so we slept in. We had brownie cliff bars before the paddle, then made cinnamon rolls for brunch at Ames. We paddled for about an hour and a half from Hog to Ames Island. We sang the whole time in the spirit of ROCK AND ROLL day. Once we got to Ames, we set up our campsites. After that, we mostly hung out, swam, and ate. We had burritos for dinner which were so good. After dinner, we went to the gazebo at the point of the island and

made scrambled brownies. For the E.A. we sang, screamed, and danced while the brownies were cooking. I felt sorry for the people staying at the other campsites. It was a good day!

- Hannah/AT Santa

Day 10

Today was "Be yourself day/orange day," it was our last full day on trip. We had PB & Js for breakfast and then headed out to the sea to kayak back to Bremen. It was about an hour and half kayak trip back then we got to hang out all day reading, playing cards, and swimming off the dock. We ate a lot of candy since the directors brought us our packages from family. They made us a huge feast for dinner with steaks, veggie burgers and cake.

- Margaux

Day 11

Day 11 and we are finally coming back to camp today! It is a bittersweet day for sure, but we are excited to catch up on everything we missed while on trip. The counselors got us donuts this morning to get us pumped for our entrance. We got ALL decked out in freaky, zombie makeup and practiced our strut to present that we were back at camp!



Allagash I

HBC: Mary Strang

JC: Katie Paige

July 3-15:

Allagash Wilderness Waterway

Day 1

July 3rd. We woke up at the crack of dawn to a glorious sunrise and loaded the canoes along with the gear before heading off to our destination: a pull-off just after a bridge on the Golden Road. Luckily, we were able to stop along the way at a gas station where Sara Taylor bought a Dunkin' Donuts variety pack for the whole cabin! Upon arriving, we quickly unloaded the gear and anxiously set off paddling down the West Branch of the Penobscot River. Sara Taylor honked her horn at us as a final goodbye while crossing over the bridge and we paddled on down the river. Within just the first ten minutes of the trip, a bald eagle flew out from a tree and soared ahead of us. It was so cool! After some paddling, we kicked off lunch with some of Honor's brownies followed by turkey and cheese sandwiches and carrots. The weather was gorgeous, clear skies and sunny. After a leisurely paddle and lots of singing, we arrived at our first campsite, Big Island South. We set up camp and collected firewood to make a roaring fire. The fire was a great success so we cooked cheeseburgers over the open fire. They were delicious! Then to top off a great day, we made s'mores and hung out around the fire. As the fire died down, we got ready for bed, looking forward to the next day of our trip. What an awesome first day!

Day 2

July 4th. We woke up at 6:30 and had yogurt and granola as we packed up. We headed down the West branch of

the Penobscot River, ran some rapids, and then made it to Chesuncook Lake. We hugged the right shore and found "The Store" where we stopped for fudge and floats. Yummy! Lami, Camille, and Sasha had never had root beer floats before. We left Chesuncook village and headed out for some lake paddling, as the wind picked up and carried us around Gero Island. We skillfully navigated along to Umbazookus Stream and paddled down the river for a ways until it narrowed into a marshy area.

We arrived at a small bridge and carried around the bridge into the swamp stream. It was windy, but we took the straightest course and carried on. Finally, we reach the end. There was a red open dam with water flowing strongly against us. One by one, we paddled hard into the dam and clung on to the sides and pulled ourselves through. We made it to the other side to find shallow, warm water. Emma and Honor pulled the boats along the southern shore and looked for the entrance to Mud Pond. A tiny pile of rocks marked the entrance to the Mud Pond portage trail. We pulled the canoes on the shore and carried all the gear to the campsite up the trail.

We quickly set up camp and because everyone was so gung-ho about portaging, we quickly got to work. We started portaging around 7, and it was tough work. Abby, Lami, Camille, and Allie portaged one canoe because they needed more strength to pick up the canoe. The other girls split up into twos and portaged the canoes. We spent two hours struggling along the uneven trail of mud and water, walking over fallen limbs and being bitten by hundreds of mosquitoes. When it became too dark to portage, it was time to turn back.

On the walk back, we got caught in a thunderstorm so we picked up the pace and ran back to camp. We made it back safely and quickly changed into clean, dry clothes. Because it was so late and stormy, we ate granola bars and Oreos and drank Gatorade to rehydrate. We were happy that everyone made it back safely but were nervous about the next day.

Day 3

July 5th. We started the day around 8 a.m. and had some PB&Js because we ate all of the granola bars the previous night during the thunder palooza. We were a little weary to continue the portage after last night, but we kicked it into gear and got started! We brought up the two canoes to the point where we had left the four canoes further along the trail. Honor and Emma went back for the packs. Dede and Katie Paige portaged the first of the canoes to the very end of the trail! Mary and the small core 4 girls brought another so we had two at the end. It was slow and tedious work, but we persevered. Mary went back to make a hearty lunch of pesto pasta with chicken and Parmesan cheese, just the kind of meal we needed to fuel us for the hard work ahead. After a quick lunch break, we felt energized and ready to finish off the rest of the portage. We carried the group gear to the end and everyone helped out portaging the remaining canoes. We eventually finished and felt so victorious. As the last portagers came to the end of the trail, Lami informed them that it had taken 3,765 steps to make it to the end!

Happy and thankful to be done with the portage, we launched the canoes in waist deep mud and paddled across Mud Pond, where we saw the first moose of the trip! We found the stream

with scarce water and many rocks, making the navigation through the rapids rather difficult, but a fun change from the portage. After a great deal of ducking under tree limbs and pushing over big rocks, we completed the crazy adventure through the rapids. We paddled late as we watched a beautiful sunset and continued on in search of a campsite. Upon arriving at Ledge Point, we quickly set up camp and began cooking a yummy dinner of pasta and pizza at 11 at night. Exhausted from the Mud Pond portage and the long day of paddling, we quickly dozed off.

Day 4

July 6th. Today was our resupply day. Yay! We all woke up alarm-less at 7 a.m. and made breakfast sandwiches with ham, eggs, and bacon. Mary and Katie C. ate quickly and paddled down to Chamberlain Bridge with the dirty clothes and Mud Pond shoes to get the resupplies. Everyone else enjoyed a leisurely breakfast. It was a beautiful morning so we all lay in the sun, washed clothes, swam, and drank hot cocoa. Ledge Point had a nice little cove for swimming. Around lunchtime, Mary and Katie C. returned with a canoe full of food, mail, clean clothes, and such. Everyone anxiously awaited their arrival and stood out on the rocks waiting for the canoe to arrive. When it finally did, everyone was so excited to read letters, open packages, and change into clean clothes. Emma got cupcakes sent to her, so we all shared those. Joe even brought us a Dunkin' Donuts variety pack along with cans of Coca-Cola. It was such a nice surprise! After sitting around and enjoying gorp, cupcakes, donuts, and other yummy treats, we packed up camp and headed out to Donnelly Point. The winds kicked in on Chamberlain Lake and made for a

strenuous paddle. Suddenly, a couple of rangers in a motorboat drove up and stopped alongside Lami and Katie P.'s canoe to check up on everything. They were chatting when Lami spotted her shoe in the boat! She didn't even know she was missing her shoe! Oops. We continued on and saw a campsite in the distance, unsure of which one it was. It turned out that we overshot Donnelly Point and wound up at Shady, which helped us out for the next day. Score!

We set up camp and got to work on making an early dinner of quinoa with fresh peppers to replenish ourselves after a tough day of paddling with a head wind. The girls did the dishes so that we could make scrambled brownies! It was a sight to be seen as they all fought to the death for the scrambled brownies. They were so good. Then, Honor and Abby « LNT'd » the pan to scrape up any remaining brownies that they could. After brownies, we cleaned up and sat on the rocks to watch the sunset. It was such a nice evening! After sunset, we got in the tents and had a well-deserved night's sleep.

Day 5

July 7th. We woke up early at 5:20 a.m. in an attempt to beat the winds on Chamberlain Lake. We headed north on calm waters, but as time went on the wind picked up and the waves grew. We paddled our hearts out to the eastern shore of the lake in search of Lock Dam. Ominous clouds were ahead and the sky turned stormy. Dede saw the dam ahead and when we arrived, we had to quickly carry the canoes because it had started to downpour! We set off in our canoes and navigated down the stream leading into Eagle Lake. We made our way through some rapids, some marshy

areas, and then finally entered Eagle Lake. By that time, the rain had died down completely and the sun was peeking from the clouds. We sang some great songs by Taylor Swift, Jason Mraz, etc. and continued paddling. By 11:30 the wind had started to pick up again, so we paddled strongly against the wind to Farm Island for a lunch break. We ate PB&J and sat in the shade to escape the sun and heat for a while. After an hour-long break, we decided to fight the wind to reach a campsite further along the way. Not long into the paddle, the wind picked up in full force, urging us to cut across to the campsite within eyesight. We arrived at Zeigler in good time despite the wind and set up camp. After, we still had time to swim and rinse off a bit, which was very refreshing. For dinner, we had pancakes with blueberries and M&Ms. Mary flipped the first round of pancakes, then Honor took over as head chef for the evening and did a great job while learning a few lessons about how hectic it can be to cook for ten hungry girls! After dinner, we frolicked around being silly and enjoyed an early bedtime after a very long and hard day of paddling.

Day 6

July 8th. Today was a challenging day. We spent last night at Zeigler because of the strong afternoon headwinds, but woke up to even stronger winds in the early morning. So we decided to sleep in and check out the wind situation later on in the morning, hoping that things might get better. They didn't. We had oatmeal for breakfast and warmed up with hot cocoa. Around 9, Kieve paddled into our campsite to escape from the strong winds. We took down our tents and finished the cocoa, hoping to leave around 10 so that we

could have lunch at Johns Bridge. Mary and Honor went out in the canoe to test the winds and got sent backwards because the winds were so strong! So we ended up being trapped at Zeigler, waiting for a window of opportunity to leave that never came. We played games such as Mafia, Psychiatrist, and cards followed by a lunch of tuna melts. We passed the time with more games, some frequent naps, and talking until dinnertime. We ate an early dinner of Ramen noodles with Oreos for dessert and climbed into our tents for a good night's sleep.

Day 7

July 9th. We got an early start at 5:30 a.m. and ate a quick breakfast of yogurt and granola. Then off we went while the wind was fairly mild, at least in comparison to the day before. The wind picked up as the morning progressed, but by 9:30 we had already made it to the Jaws. Not bad timing. We stopped for a quick snack and restroom break, and continued on towards Chase Rapids. We arrived just after 10:30, when the ranger took our gear and we carried our canoes to the launch. After a quick lesson on navigating down rapids and a review of safety procedures, we took off one by one down the rapids. Everyone made it down safely and no one flipped! There were even a few girls singing songs while canoeing down the rapids! At the end of the rapids, we loaded the canoes with our gear at Bisonette Bridge and ate ham and cheese wraps. After lunch, we set off down the river and let the current carry us a while until we entered Umsaskis Lake. The wind was fierce. It took what seemed like forever to reach an unmarked campsite, where we pulled over to regroup and snack on Milky Ways for

some much-needed energy to finish off the day strong. While we rested, it appeared that the wind had died down some, so we all decided to paddle on to the next campsite, which was only a mile ahead. We arrived at a nice little campsite on the left shore of the lake called Sandy Point. It was very flat with nice, clean-cut grass; there were moose tracks surrounding the campsite, too! After unloading and setting up camp, some girls washed their hair, while others helped with the dinner. We all ate delicious chicken patties. Then after cleaning up and getting ready for bed, Katie Paige read aloud "The Hunger Games" until the sun had set.

Day 8

July 10th. This morning we woke up to the singsong of the Boy Scouts of America as they passed our campsite. So we all got moving and started the day with a hearty breakfast of eggs, bacon, and toast. We got moving and set off paddling past Jalbert all the way up to Long Lake Dam. Per usual, the wind was against us the entire way and we battled it out until the river finally narrowed. We reached a sign that read, "DANGER! Waterfall 200 ft. ahead," so we paddled across to the other shore in order to portage the canoes. We moved our gear first, then portaged the canoes.

We took a lunch break at Long Lake Dam because it was a nice area for a rest break. It was high up, overlooking the river with a beautiful view of the landscape. We ate PB&Js on pitas along with some graham crackers. After lunch, we continued down the river. Finally, we were paddling WITH the current and we even had a tail wind. It was so nice and gave us a break from all the intense paddling. We made really good time, and made it to Round

Pond before we knew it. Unfortunately, just as all six canoes entered the lake, the wind picked up. However, we were all very used to the wind at this point, so it didn't faze us; we kept on paddling. We continued up the lake to find a campsite, but each campsite was already taken! Finally, Mary pulled her canoe up to one of the campsites and found out that Turk Island campsite was just past the set of rapids ahead. So we continued, crossing our fingers that Turk Island was available. The rapids were fun, and helped quicken our pace in order to make it to the campsite. We eddied out and we were there! Luckily, no one was there.

The campsite was rather small, tucked away to the left. It would have been easy to miss. We arrived there around 4:30, which was pretty good timing so we were able to hang out a little before dinner. For dinner, we had couscous with chicken and grilled peppers. It was so good and there was plenty of it for seconds and even thirds! After dinner, Camille, Emma, and a few others got to work on making a fire. While the girls were collecting firewood, Katie Paige and Mary had a "counsi conference" to discuss something very important...dessert! They made the decision to have s'mores tonight, which was a surprise because we weren't supposed to have them until later on in the trip. We were all so excited! It was a great way to celebrate 16 miles of solid paddling today, catching up on mileage and earning ourselves a rest day by paddling ahead. After roasting marshmallows and making the best s'mores ever, we all sat around the fire as Mary and Katie Paige took turns reading "The Hunger Games" aloud. We finished reading three chapters and snuggled in our

tents, when Abby and Sasha screamed, "Guys, there's a moose!" We all ran out from our tents to watch the moose crossing the stream, right in front of our campsite! It was amazing. Even after the moose left, Abby and friends stayed out on the hill on moose watch.

Day 9

July 11th. Today was an all around great day! We woke up at 7 and ate oatmeal for breakfast, then quickly headed out for a leisurely paddle. Many other groups were out paddling ahead of us and behind us as well; it was a busy day on the Gash! We left with the hopes of making it to Gash Falls for a rest day. Our chances were looking pretty slim though, because so many other groups were on the Gash we were afraid that all the campsites would be full. We continued on anyway, just after rafting up for lunch and eating PB&Nutella on pita with granola bars. We made it to Michaud Farm, checked in with the ranger and found out that there was still room for us at the Allagash Falls. So we hurried off in high spirits and made it in good time. We hugged the right shore to avoid going over the falls and quickly unloaded the gear, snagged a campsite, and portaged the canoes. Dede even soloed the whole way, right behind Katie Paige and Mary. Everyone helped with the portage and we finished in no time! It was a piece of cake compared to the Mud Pond portage. At the end of the portage was a nice beach for swimming, so we all hurried back and changed into swimsuits. We ran down to the beach and tried scrubbing off all the mud and dirt from many days of hard work. Lami, Camille, Sasha, and Abby climbed along the rocks to get close to the falls. They jumped in and floated down in the natural lazy



river. It was so nice to just relax and swim around. Then we headed back the campsite, and Honor and Emma cooked dinner. They made burgers over the fire and cooked wild rice on the Coleman. After dinner, Gash 2 from Kieve came over to hang out and we all drank hot cocoa and tea! The water took forever to boil, and we were all super anxious to continue reading "The Hunger Games." So we thanked the boys for the hot cocoa and tea, and everyone piled into the council tent for chapter 9 of the Hunger Games. We enjoyed the reading and looked forward to sleeping in on our rest day!

Day 10

July 12. Mary was the first to wake up, but let everyone sleep in for a while. Then, she woke up Honor to get started on the pancakes with M&Ms. The rest of the cabin woke up to the smell of pancakes, so they quickly rose from their tents and gathered around the picnic table, anxiously awaiting the yummy pancakes. Everyone enjoyed sleeping in and not having to pack up right away. We ate a leisurely breakfast and filled up on pancakes, followed by more Hunger Games. After a chapter or two, we all headed down for a late-morning swim. It was a beautiful day and the sun was shining; it was perfect weather for a rest day at Gash Falls! Lami, Camille, Abby, and Sasha enjoyed climbing along the rocks and floating down the lazy river, while Dede, Honor, Emma, Allie, and Tess lied out in the sun and tanned on the rocks. Katie C. was perfectly fine reading and resting. After a nice swim, we went up to camp for a Mexican fiesta, complete with quesadillas and Mexican rice. It was so tasty! Emma even went so far as to say it was the

best lunch on trip yet, or a close tie with the pesto pasta.

After lunch, we read more Hunger Games and enjoyed more swimming, tanning, and relaxing. We were lounging around, when Gash II arrived and came running into our camp. We talked about our trip, about Mud Pond especially, and we went down for a swim. After swimming, we came back up for dinner – pizzas over the fire! We used pitas as the crust, which worked out really well. Tess and Camille cut up the pepperoni, while others tended to the pizzas on the fire. We used the top of the fry bake to melt the cheese. The pizzas were delicious and pretty filling! Then the weirdest thing happened...a boy from a neighboring campsite came over carrying a tray and said, "Do you guys want any steaks?" The girls looked at him with wild eyes and Mary ordered the girls to step back so that they wouldn't pounce on the boy and his steaks. We all thanked the boy named Jacob for all the steaks and he left. We counted the steaks and coincidentally, there were 12 steaks! One for each of us. We ate the steaks with our hands and they were gone within minutes. What a great dinner! We were all so full after, so we sat around and read the Hunger Games. In the middle of the reading, a nice man came over and offered us their extra cake. It was so bizarre, being offered all this food, but we were not complaining! We finished the Hunger Games with full bellies and went to bed! I think it's safe to say that we made the most of our rest day!

Day 11

July 13th. We woke up early this morning to get the day started, and made a speedy exit from Gash Falls with the anticipation of a surprise

awaiting us. We paddled quickly along the shallow river and even had to drag our canoes at certain points. We arrived at the official end of the Allagash and took a cabin picture in front of the sign. We continued on and pulled off on a shore running parallel to the highway. No one really knew why we stopped, but Mary and Katie told everyone to put shoes on. We walked up the hill and crossed the street, where we saw a restaurant called Two Rivers Lunch. We almost screamed with excitement, but we controlled ourselves. Once inside the restaurant, we were able to order a hamburger or hotdog, and then split a dessert with a friend. We all crowded the bathroom to wash our hands and look in the mirror, though some of us regretted this decision. The girls were so excited to eat and everyone was just laughing and having a good time and talking about the trip so far. On our way out of the restaurant, the waitresses complimented us on how well-behaved we were!

After lunch, we continued to the Allagash village campsite, passing Jacob along the way. We all yelled a "hello" to Jacob and thanked him again for the steaks. We arrived at the campsite, but decided we would prefer to stay in Evelyn's field. We backtracked and unloaded our gear in the field, while Mary went in search of Evelyn. When Mary came back, we were all hungry and tired from the heat. Mary went off to check out a store and Abby went with her. They returned with a pack of Reese's Chips Ahoy and some other cookies. We shared the cookies and gathered around in a circle for more Hunger Games. Just as we finished snacking, a quick thunderstorm came out of nowhere, so we all scurried off in our tents and

waited it out. It passed quickly and the heat returned. We read some more and played other games. Abby and Honor chased the geese in the fields and ran around. We read Hunger Games until 5 and then set the water to boil to make Mac n' Cheese for dinner. We played psychiatrist while waiting for the water to boil. Soon enough, dinner was ready and it was delicious! There was so much, we even had seconds and thirds. After dinner, Honor and Emma made hot cocoa for everyone and we ate the last of the Oreos for dessert. There was one remaining hot cocoa packet, so we made hot cocoa in a communal bowl. We passed the bowl around in a circle and said our favorite parts of the trip, our biggest challenges, and other thoughts of the trip before taking a sip. It was really cool to hear from everyone. Afterwards, we finished the Hunger Games and frolicked around in the field before calling it a day!

Day 12

July 14. The last day of paddling! We woke up early because the heat was unbearable. We ate peanut butter and jelly on pitas and headed out. We paddled along and went down some sweet rapids. Everyone handled them really well and everyone made it out without tipping. After the last set of rapids, we reached the campsite, marked by three red trashcans and an open field with picnic tables. We arrived just in time for lunch, so we quickly unloaded the canoes and portaged them up to the field. Katie Paige made yummy quesadillas using sundried tomatoes wraps and cheddar cheese. So good! Then, in celebration of the French holiday, July 14th, and for the French girls on trip, Sasha, Lami, and Camille, we made crepes with nutella! Everyone chipped in to

help make a fire and Emma helped make the crepes. They were delicious! After nutella crepes, some of us went swimming while others played cards on the picnic tables. Mostly, we were passing the time until Joe arrived!

Finally, just after 6, Joe arrived and we all bowed at his feet, so happy to see him! We got to work loading the canoes and packing up the group gear. Next, Joe delivered the mail and everyone got so excited! After mail time, Mary and Lami went to pick up the pizzas at the Moose Shack. When they came back, we woofed down the pizza and drank soda until we were so full we couldn't eat anymore. After a big dinner, we goofed around and hung out before winding down for bed. We were all in our tents, ready to get a good night's sleep before our early morning the next day, but our neighbors were causing a ruckus with lots of singing and jamming out on a guitar. Finally, they stopped and we went to bed.

Day 13

July 15. We woke up at 5 a.m. to a quick breakfast of grapes, string cheese, and carrots after quickly packing up. We packed up camp and loaded our personal gear into the canoe trailer, and loaded the last canoe. After we cleaned up our campsite and were ready to go, we played chubby bunny with the leftover grapes. Abby got up to 21 grapes! Lami started out strong, but didn't make it to 21. Joe arrived shortly after 6, and we hit the road and headed back to Wavus!

We were all so excited to return to camp and see our friends. Joe dropped us off at the entrance to Wavus, and Mary drove us to the promised trip to J-scoop! The ice cream was delicious, but we ate it quickly to make it back to Wavus in time for lunch.

Allagash II

HBC: Kailey McKenna

JC: Claire Yost

July 4-16:

Allagash Wilderness Waterway

Day 1

This morning we woke up at 5:00 a.m. at Wavus and finished packing up our dry bags. We quickly loaded the vans and left Wavus for our twelve-day adventure. We drove five and a half hours before crossing a bridge (Hannibal's Crossing) which was our loading point. We ate a delicious lunch of turkey and cheese sandwiches. We loaded our stuff into our canoes for the first time and pushed off. It was a really nice three and half hour river paddle covering about nine and half miles of the West branch of the Penobscot River. We arrived at our campsite, Big Island North. After setting up camp we made personal pan pizzas for dinner. We celebrated the Fourth of July with our red, white and blue bandanas and settled into our tents. Then there was an incredible thunderstorm; it was both terrifying and really fun to listen to the echoing thunder. Overall it was an awesome first day and we cannot wait for the rest of our trip!!!

Day 2

The counselors woke us up at 6:30, which felt late in comparison to the day before. We had granola and yogurt for breakfast. We left the campsite around 9:30 and paddled very hard as to reach "The Store" by one. At "The Store" we had a lunch of fresh bread root beer and various yummy fudge flavors such as peanut butter, raspberry, maple walnut, toffee, and chocolate. After lunch we noticed some dark clouds and it became very windy. We paddled as hard as we could up the windy

lake. After a short portage and stream paddling, we arrived at our campsite. We ate trail bacon cheddar burgers and went to bed early to prepare for Mud Pond portage in the morning.

Day 3

Today we woke up at about 5:00 a.m. this morning and began our paddle to the infamous Mud Pond Portage! It was a short paddle to the trail head. We began to transport all of our gear including canoes to the end of mud-ridden trail! The total trail distance was about 1.8 to 2.0 miles. It took us about 6.5 hours to take all of our gear to the end, portaging through mud and water up to our knees. We lost a few shoes and we have left our mark there as it has left our mark on us. When we finished, we then paddled across Mud Pond. After crossing Mud Pond, we paddled a beautiful stream that opened up into Chamberlain Lake. We were very tired after the day's events but we still managed to push forward to our campsite at Rocky Cove. After setting up our tents, we enjoyed a delicious dinner of rice, chicken burritos followed by scrambled brownies. After such a long and hard day it was wonderful to finally go to sleep and listen to the serene sounds of the lake.

Day 4

This morning we woke up and departed from Rocky Cove after a tasty breakfast of oatmeal dried fruit and hot peanut butter torts. We paddled quickly as we were excited for our resupply of fresh clothes, fresh food and the best part, mail! Joe delivered our resupply at Chamberlain Bridge where we also met the friendly Ranger Chris. Joe surprised us with soda and donuts along with many letters and care packages. After a lunch of fresh sandwiches and many

treats, we packed our now very heavy canoes and began our paddle back up Chamberlain Lake to Gravel Beach. We arrived to beautiful Gravel Beach which we had all to ourselves! We took full advantage of this and ate our personal fire-grilled pizzas on the beach as we watched the sunset. After a relaxing evening of pizza and s'mores, we climbed into our tents to prepare for another early morning.

Day 5

Today, like all others, was a very early morning. We left our campsite, Gravel Beach, around 6:00 a.m. We then started across Chamberlain Lake and paddled for some time until the wind picked up. During our first break of the morning we enjoyed breakfast sandwiches along the shore of Chamberlain. It became very difficult very quickly because of wind gusts creating huge white caps in the opposite direction. After a few hours of strenuous paddling, we made it to Lock Dam, where we took a short break and then on to portaging 200 feet into a stream. The stream led us into Eagle Lake. This meant more hours of difficult paddling to our campsite Thoreau on Pillsbury Island. We had a very delicious dinner that consisted of grilled cheese, made by the Master Grilled Cheese maker Claire, along with chicken noodle soup. For dessert we were pelted (literally!!!) with Milky Ways! We went to bed early tonight so we would be well-rested for another early morning and long day of paddling tomorrow. Total mileage 8 miles!

Day 6

We woke up around 5:30 this morning and had yogurt, granola bars and blueberries. The paddle was very hard because it was unbelievably windy; we stopped on a shore to take a break not to



long after we started. We stayed there for a little while snacking on our GORP and did some stretching before setting out again on the waves of Eagle Lake. We paddled to a beach for a lunch stop and relaxed on the shore. We gathered our gear and went to the tip of the next point to our next campsite, Zeigler. We weren't sure if we were going to stay here, so we relaxed for an hour then eventually decided to set up camp and have an early dinner of bacon, cheese, and avocado burgers and s'mores. We went to bed early to get ready for Chase Rapids in the morning!!!

Day 7

We woke this morning extra early to enjoy donuts before we set off for Chase Rapids. Before getting to the rapids we had to paddle the rest of Eagle Lake. The lake this morning was almost like glass which was a nice surprise after paddling in high winds the day before. Once we arrived at Chase Rapids we had to portage the canoes a short distance over the dam and load our gear on to the ranger's truck. While we waited for our turn down the rapids, we had a Milky Way and Gatorade to get ready for running our first-ever rapids! The rapids were so excited and we didn't flip any boats. After the rapids we stopped for hummus and veggie wraps and collected gear from the ranger. Then we paddled our way to Sandy Point where we set up our tents and had chicken cheese and veggie burritos. During dinner we were also joined by a bull moose in the river right next to our campsite! After dinner we retired to our tents without hesitation after such a long and exciting day!

Day 8

Today was yet another early wake up, we got up at 5:00 a.m. and it was

freezing, but our delicious breakfast of M&M pancakes warmed us up. We finally set off at 7:30 a.m. and finished our lake paddling without any wind. We got to Long Lake Dam around 10:30 a.m. and had a mini-portage before we could continue moving down the river. After being on the river for a couple of miles, we entered Round Pond. Our current campsite, Inlet, was very nice. It had a clay beach which we used to make face paint. We planned on swimming the rest of the afternoon and look forward to pesto pasta and cheese garlic bread for dinner!

Day 9

We got to sleep late! For breakfast, we had eggs and bacon followed by cinnamon bread and hot cocoa. We left at around 8:00 and paddled until 10:00 when we stopped for GORP and Gatorade. We continued paddling until 12:30ish when we stopped at Michaud Farm for lunch. We had honey, jam, nutella, and peanut butter on pitas. After realizing we were only 3 miles from Allagash Falls, we paddled there quickly and arrived around 3:00 p.m. After portaging the canoes to the end of the waterfall and setting up tents, we went swimming and had macaroni and cheese for dinner. It was an exhausting and exciting day!

Day 10

Today was a really fun day as it was our first and only rest day! The previous day we did two days worth of paddling in one so this day was well earned. We were allowed to sleep in as late as we wanted (around nine a.m.) and Claire opened "Claire's Cafe" and made us S&M pancakes for breakfast, then we went down to the falls where we swam, relaxed and rock jumped until lunch. At 2 we headed back to the campsite for a lunch of pepperoni,

string cheese and tomato soup. Then we all took a siesta and went into our tents until around 5:30 to rest and read. When we arose out of our tents, we went down to the water for a last chance to jump off rocks and one last look at Gash Falls. Around 6:30 we went back to the campsite and had a delicious dinner of Ramen noodles and cheesy tortillas. It got dark early so we retired to our tents at 8:30, what a relaxing day!

Day 11

This morning we woke up around 5:45 a.m. and had oatmeal and dried fruit for breakfast. We then packed our canoes and set out to leave the Allagash Wilderness Waterway. We reached the end of the AWW and continued on to reach Allagash Village. We had a delicious lunch at Two Rivers Diner in the village and got back in the canoes. After a quick 1/4 mile paddle we reached our campsite, Evelyn's Field. We set up tents and relaxed for the rest of the afternoon. We made Quinoa with peppers and cheesy tortillas for dinner and then went sleep to get rest for the final stretch of our trip tomorrow!

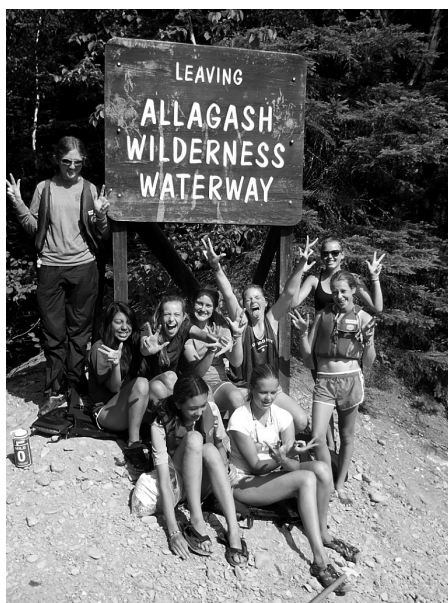
Day 12

We woke up this morning around 7:00 and packed up our gear in record time. We started breakfast by ourselves and had oatmeal. We packed up boats and cleaned the campsite and left around 8:30. The counselors decided to switch the stern and bowman so we had to learn our partner's positions quickly. After about an hour of paddling, we stopped at a rocky beach and went swimming. We continued for about another hour and stopped for GORP break by a spring. We got back into canoes and went through our last few rapids, and then we saw red trash cans resting on a hill which marked our last

campsite. We unpacked and portaged our canoes for the last time. We had peanut butter and nutella burritos for lunch and relaxed until our director's dinner.

July 18: Hog Island

Today we drove to Bremen and visited with Hog Island Ryan. We ate sticky buns on the dock before kayaking over to Hog Island. When we got there, we swam, visited the museum, played with the touch tank, and ate lunch. For lunch we had oranges, apples, sandwiches, Goldfish, Oreos and Fig Newtons. Then we went to work. We broke up into 3 groups. One group picked up trash, one group went trail blazing, and the other group painted the Fish House. After that we took another swim and had another snack before kayaking back to Bremen. After that we went to our last trip at J-Scoop. It was a fun day full of teamwork and perseverance.



Long Voyage I

HBC: Logan Faulkingham

JC: Marge Tucker

June 28-July 16: Long Voyage

Day 1 - Wavus to Pinegrove

Today started with a bright and sunny day at the Wav. After loading canoes and gear we had a delicious breakfast cooked by our kitchen staff's finest!

After saying our goodbyes, we left Wav and headed to Grindstone Rapids in Medway, ME. Our goal was to run the exciting and thrilling rapids; however, the water level was running at a whopping 10,000 cubic ft./second. Usually, Wavus doesn't run anything over 3,000. We decided to have lunch there and then go to the Medway boat launch where we would end our 19-day adventure. We put the canoes in the water and practiced paddling techniques, went through a whitewater clinic, and more. After the refresher course, we drove to Pinegrove campsite, set up camp, and enjoyed our night with our special guest – Kate Adair, tripping director extraordinaire! Our bellies were filled with bacon cheeseburgers and rice pilaf. Then a light rain came as we were settling down in our tents. Baxter tomorrow – let's do a rain dance! (Side note: we meant do a rain dance to keep the rain away, there was some confusion as to whether a rain dance welcomed rain or scared it away...).

Day 2 - Pinegrove to Roaring Brook

Today started with a beautiful morning! We feasted on bagels, blueberries and raspberries. After packing up the tents, we departed Pinegrove and headed to Baxter State Park! Our two-day hiking section was about to begin. We bid farewell to

Kadair, tripping director extraordinaire and got to Baxter soon thereafter. A nature walk was on the agenda for the day. However, that turned into hiking a whole mountain! South Turner Mountain to be exact. This 4.5-hour hike was gorgeous! Views of Katahdin and hummus wraps filled our afternoon. We got back to our site in the late afternoon and everyone grabbed a book and a Crazy Creek. Our menu consisted of pesto pasta with chicken and peppers! After a hot meal, it was time to retreat to our tents to wait out a thunderstorm that hit the area. Dreams of sunshine and Katahdin filled our heads as we drifted off to sleep.

Day 3 - Roaring Brook

Our second day in Baxter State Park was the perfect way to end our time here before packing up the canoes for our long voyage tomorrow. We woke to the sweet aromas of yogurt, granola, raspberries and grapes. We ate up and enjoyed the fact that we didn't have to pack up our tents and sleeping bags since we would be staying at this beautiful campground again! We packed some daypacks and got into the van for a very peaceful and sleepy ride to a part of the Appalachian Trail called Little Niagara Falls. It led to the gorgeous falls where we spent a few hours swimming, reading and lounging in the sun (with lots of sunscreen, of course!). We hiked back out into a meadow and made hummus, chicken and turkey wraps, PB&J wraps, and grapes. We got back into the van and headed to Roaring Brook campground where we caught up on some reading and played card games such as Hearts and our new favorite, which we renamed "Garfunkel." After a relaxing day we cooked up a bunch of individual pita pizzas. We made a

fire and cooked up delicious dessert of apples roasted with cinnamon and brown sugar. Everyone was eager to get to bed so we could start our first day of paddling!

Day 4 - Roaring Brook to Smart's

Today is the day! LV1 finally sets out on the river! We had a beautiful morning wake up to rain-kissed tents. Banks served up some delicious PB and cream cheese bagels! The lovely ladies of LV1 departed Baxter State Park to meet our resupply at Abol Bridge store. Guess who showed up? Kadair, tripping director extraordinaire, and GI Joe! After some whoopee pies and fresh food, Kate drove us to Lobster Trip Road for our put-in! Some fresh veggies, hummus and Luna Bars filled our bellies. We departed after lunch, said goodbye to Kate and paddled off! We were all eager to start our long awaited canoe trip. Beautiful weather this afternoon gave us good spirits. We found Big Island; however, it was taken by a group of boys, so we stayed at Smart's campsite right next to the island! We were lucky to see three bald eagles today and a MOOSE! After some unpacking Banks cooked up some chicken and rice burritos! Mmmm, delicious! We finished off the evening with cookies, cards and the game "ninja." The sky was beautiful and bright as we climbed into our glorious tents. We hope tomorrow brings sunshine and good paddling!

Day 5 - Smart's to Gero Island

Today we woke up and, after packing up our tents, had a hearty breakfast of eggs and sausage. Then we hit the river hard. Throughout the paddle, we rafted up to hydrate and tell stories. After a couple hours, we spotted the roofs peeking out of the trees indicating we'd reached the notorious root beer and

fudge. Everyone chose from a variety of flavors including peanut butter, raspberry and toffee. After enjoying our sweets and snapping some photos in front of "The Store", we got back in our canoes and trekked across Chesuncook Lake to our campsite. We arrived at lunchtime and snacked on grapes, cheese, meat sticks and gorp! The afternoon consisted of swimming, reading, resting in the sun, sardines and relaxing. Tonight was the night to stay in the lean-to, the girls climbed in to watch the beautiful sunset and to settle in for the night.

Day 6 - Gero Island to Canvas Dam

After a small rain storm the night before, the ladies of LV1 woke up at 8 a.m. after a lovely morning of sleeping in. A beautiful breakfast was awaiting us of oatmeal, granola, honey bunches of oats and dried fruit. We then loaded our canoes and headed off for a short and relaxing paddle. After arriving at our campsite, we set up our tents and were right on time for lunch. Pita with pb&j and honey filled our bellies. The afternoon consisted of some down time where the girls read books, swam and tried to catch fish! By dinner time, everyone was ready for a nice warm meal. Homemade mac and cheese was on the menu with ritz crackers to sprinkle on top! Mmmmm, was it good. We ended our night with a nice campfire and S'Mores.

Day 7 - Canvas Dam to Caucomgomac Dam

Happy 4th of July! We were woken up to our counselors singing the national anthem on top of the picnic table! How unexpected, but exciting! We started off the day eating S&M pancakes. We pushed off from the Canvas Dam with the stickiness of the syrup still in between our fingers. The water was so

calm it looked like we were paddling on a mirror! We paddled about 6 miles through Black Pond. Thinking we would be gliding through Horserace Rapids, we eagerly paddled past a cove and into the stream. Soon we found ourselves carefully stepping over the reality of the fact that we were going to have to drag our canoes up these rapids. Everybody stepped up and bit the bullet. Although the mile long drag would be mentally and physically challenging, we understood that we had to keep pushing forward without looking back. A mile and a few scrapes along our legs later, we came along a portage trail about 100 ft. long. As our final canoe submerged into the water, we realized we needed to fuel up for the upcoming journey to our campsite. After we munched on Cliff bars and pepperoni, we dragged our canoes along to our destination. We had a delicious meal of pasta salad. Not many people can say that they accomplished as much as we did on the Fourth of July, but it is one that LV1 are all proud of and will never forget! Paddle baseball, candy and all!

Day 8 - Caucomgomac Dam to Round Pond

Today we woke up at 8 a.m. with another fabulous breakfast of oatmeal! We then portaged across the dam to put in our canoes. We paddled through Ciss Stream and into Round Pond. We ran into Kieve LV2 and LV3 waiting for their resupply. We had a hot lunch of grilled cheese and then took the afternoon to swim in the nice cool water. We set up our camp and made gado-gado for dinner. We had hot chocolate that one of the Kieve LV's kindly gave us. After, we settled in for bed, preparing for our resupply the next day.



Day 9 - Round Pond to Allagash Lake

After a most glorious sleep, we woke up to another mouth-watering meal of oatmeal! After cleaning up our site, and organizing our gear for the re-supply, LV2 of Wavus showed up! We enjoyed and shared memories of each trip so far. Reid and Joe shortly showed up and after resupplying Kieve LV3, it was our time! We ate lunch, loaded up the beastly purple truck with all of our gear and drove to Allagash Lake. Our portage was long, muddy and bug-filled. After hydrating, our sore bodies paddled on to Ede's campsite on Allagash Lake. Only a short paddle, we arrived shortly before dinner. Annelise cooked up a most delicious dinner of chicken, veggies and rice! After the long day we had a nice hot meal, which was much needed! As the sun went down, the lovely ladies of LV1 sang their way to their tents to dream of tomorrow's adventure.

Day 10 - Ede's

Today was a very eventful, but restful day! We woke up and had bacon, egg and cheese sandwiches for breakfast, then prepared for our paddle to the ice caves! With the wind going against us, it was a very long paddle, so we were excited to get there and eat our turkey and cheese pitas! We wandered into the cave and decided we wouldn't go that far in because it was very dark and cold. We hung out for a while and headed back for a nice day at our beach like campsite. Logan made us a delicious veggie Shepard's pie for dinner and we ate that and candy and watched the sunset. We are so excited to get back on the river tomorrow!

Day 11 - Ede's to Little Allagash Falls

The ladies of LV1 got an early start today! After a hearty breakfast of granola and yogurt, we paddled onward. Allagash Lake was rough and windy at 7 a.m., but we tackled it. The hardest part of our day was over - or so we thought! Allagash Stream started fast and was exciting! A little shallow and rocky but we were ready for it. Marge and Annelise took a little water in during the stream but everything was retrieved! From Allagash Stream we dumped out into Little Round Pond. This small opening led us to Little Allagash Falls. We found our campsite, and after some meat and cheese sandwiches, we portaged our gear so the next morning would be a breeze. After some solo time, we gathered firewood. Tonight's menu included sweet potatoes, chicken, bacon, peppers and cheese! We cooked the potatoes on the coals in tinfoil. After a nice warm meal, we made a group decision to check out the falls and share some stories! Bedtime came soon after a long day of battling wind, water and rapids! Onward to Chamberlain!

Day 12 - Little Allagash Falls to Donnelly Point

Today we woke up early and made pancakes for breakfast. Then we loaded our canoes with gear and set off from the base of Little Allagash Falls. After some intense stream paddling, we finally hit Chamberlain Lake! Luckily, the wind was at our backs as we paddled down the lake. We stopped for a hot lunch of grilled cheese and chicken soup at Ellis Brook. A ranger stopped by and we had a really fun time playing with his dog. We set off again with the wind still in our favor and reached our campsite early. We

relaxed before dinner by reading and playing cards. Pita pizzas sat in our bellies after a wonderful day!

Day 13 - Donnelly Point to Fields

We awoke to a beautiful sunrise. After packing up our bags and tents, we enjoyed a warm breakfast of oatmeal with raisins and cereal mixed in. We then set off across Chamberlain Lake. Luckily for us, the wind was in our favor again, and we arrived at Chamberlain Bridge for lunch around 11:30. We all sat around the picnic table to eat pep stick, crackers, dried fruit and granola bars. Our paddle continued after lunch through Round Pond to Telos Lake where we stopped at Fields Campsite for the night at around 3 p.m. Our afternoon consisted of playing cards, talking and reading. We filled our stomachs with delicious Alfredo pasta and topped the dinner off with scrambled brownies. We closed our night by playing pterodactyl, zoo and laughed hysterically until the sun set.

Day 14 - Fields to Little Coffeelos

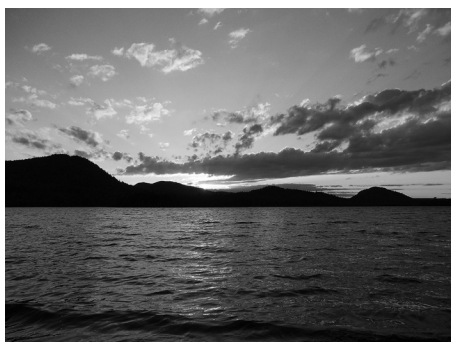
We slept in this morning until 9 a.m. and then our cabin surprised our counselors by making breakfast for them and serving them. We headed out on the lake around 11. We reached the dam and portaged around it, putting in right before some unexpected rapids. We completed them without any flips! The river then opened up to a lake which we paddled for about 1 mile, reaching our campsite at 2. We had a late lunch, consisting of pep stick, granola bars and gorp. Afterwards we all lay out on the beach in the sun. Later, we had dinner which was tuna melt quesadillas and couscous. Tonight would be an early night, 7 p.m. actually. LV1 needed to prepare for the long day ahead of us.

Day 15 - Little Coffeelos to Matagammon Campground

Today was our longest so far. We woke up at 3:30 a.m. and had some delicious oatmeal. We were out on the water at 5 a.m.! This may have been the earliest any of these girls have gotten up. We got on Webster Brook and paddled through the sunrise and morning mist. We went over all the rapids and ledges flawlessly. We got to Indian Carry, our Class 3 rapids and scouted it out. Our lead boat ran it and flipped so a bunch of our gear got away but it wasn't long before the next 3 boats snatched everything up. We continued on and had a few more flips before our long portage. When we finished that we ate Mojo bars and pb&j and rested until we got back on the lake for another 10 miles. We portaged a dam and paddled a little bit more before we arrived at our campsite around 6. FINALLY!! Our awesome counselors surprised us by ordering pizza at the Matagammon store and we lived happily ever after.

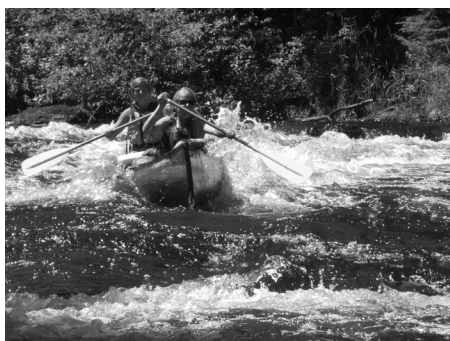
Day 16 - Matagammon to Grandpitch

We woke up bright and early for a hard day. After a breakfast of pancakes we were off! We paddled a few miles and then got to our first portage of Haskell Rock. We did it in two trips and were very excited to be finished with a long portage. We paddled another mile and came to our second portage. Pond Pitch was a nice and easy portage. We had lunch of pb&j on pita before paddling to the day's last portage. Grand Pitch had some serious terrain but we portaged our canoes down to the end, and camped along the trail. After rinsing off and getting everything settled, we had a delicious meal of pasta and pesto sauce.



Day 17 - Grandpitch to Whetstone

This morning we had yet another delicious meal of warm, zesty oatmeal. The day had just begun, especially with a morning portage that consisted of Maine's finest backwoods. After some mouth watering Cliff bars provided by Taylor's family, we hit the water trail. After the sun kissed our skin in the afternoon, we stopped for a heaping meal of pb&j pita sandwiches. The mosquitoes attacked but the Voyagers stayed strong. The afternoon continued of swimming, paddling and itching. What's that? ALAS! The Whetstone Bridge appeared in the rays of the sun. Boats landed, tents pitched and a feast of tortellini and angel hair pasta. Then, an unexpected surprise! OREOS APPEARED IN OUR WAN! The lovely ladies of Voyage climbed into their chambers for a peaceful night sleep.



Day 18 - Whetstone to Medway

The women of Wavus awoke to rain-kissed tents at an early hour. After our last mouth-watering meal of pancakes made by the fabulous Margaret Anne Tucker, we packed our boats and paddled on. Grindstone came quick but we were ready. After scouting the rapids, we paddled through without any tips! Pinegrove came quick and soon... MEDWAY was in view! The final paddle for the LV1 of Wavus was coming up around the corner. Cheers and fast paddling started to erupt. After pulling out at Medway, we dried our gear out and organized it for our pick-up. Eliza graced us with her presence and brought us some fresh fruit and veggies with hummus! Mmmm good. We needed some fresh fuel to load up the gear and head to Northern Outdoors! After arriving at Northern Outdoors, we ate steak fajitas and prepared for our last day of trip. White water rafting, here we come!

Day 19 - White Water Rafting to Wavus

GOOD MORNING! The lovely ladies of LV1 packed up their tents for the last time. Bagels with peanut butter and cream cheese filled our bellies. After packing the van and trailer, we headed to the main lodge to get ready to white water raft! The day was filled with Class 5 rapids, a delicious lunch of gorp, rice, pasta salad, steak and salmon! We slid down natural waterslides and explored a dark cave. The last day of trip was one for the books. After a full day, we got in the van and made the trek back home. Stopping at Panera Bread Co. for dinner, we arrived late at Wavus to make sure no one saw us! The next morning was our grand entrance. Lions, tigers and elephants, OH MY!

Long Voyage II

HBC: Lauren Page
JC: Abbie McIvor

June 29-July 17: Long Voyage

Day 1 Wavus – Pinegrove Campsite

This morning we woke up at 6 a.m. and did some last minute personal packing and then loaded up the canoes on the canoe trailer and packed up the van. Upon arriving at breakfast in Jewell, we were greeted by farewell posters made by fellow cabins, wishing us luck on our trip. After filling up on pancakes, yogurt and fruit we said our good-byes and hit the road by 9:30 a.m. We had a delicious lunch of sandwiches, made at Wavus in the morning, while on the road. When we arrived at Medway Park in Millinocket, ME, we got right down to business by putting our canoes in the water and practicing some strokes and learning new skills in a canoe to help enhance our experience. After a few hours of practicing, we headed to our campground down the road at Pinegrove Campsite. We set up camp by the riverside and started cooking up some chicken fajitas with veggies and had some M+M knockoffs, S+Ms, for dessert. Then we headed to bed dreaming of a fun-filled next day.

Day 2 Pinegrove - Bear Brook (Baxter State Park)

Leader – Brooke

We kicked off the day with a wake up at 6 a.m. The girls packed up the tents and enjoyed a simple meal of yogurt and cheerios with fruit, then loaded the van and headed off to Baxter State Park. We did a short hike around Dacey Pond to get to our destination of The Falls, a beautiful waterfall with a swimming hole. We ate bagels with peanut butter and jelly with Nutella for lunch and hung out for a few hours

near the wonderful waterfall enjoying the beauty of it. Then we headed back to the van in search of our campsite, Bear Brook. When we arrived, the girls worked together to create a dinner of cheeseburgers with bacon. After the filling dinner, the girls headed to bed, dreaming about the fun-filled hikes waiting for us.

Day 3 Bear Brook Campsite

Leader – Sarah

This morning we woke up to some singing of songbirds at 6:30 a.m. For breakfast we had some yogurt with cheerios and fruit again before our cooler became too warm. After a short drive to the base of South Turner Mountain, we started our hike up the mountain, proving to have a gorgeous view of Katahdin. After a break and photo shoot at the top of the mountain, we ate some gorp for lunch, then made our way down the mountain to beat some ugly looking clouds that seemed to be coming our way. It turned out to be false fake clouds so we instead headed to some natural waterslides instead of camp. The waterslides proved to be more of a challenge trying to get out of the water than hiking South Turner. We had another photo shoot while sliding down the rocks and then headed back to camp around dinner time. For dinner, we had Dank which is Mac-n-cheese with pepperoni and salsa and then topped it off with Oreos for dessert. After this long day we headed back to our tents to rest our bodies for our next day.

Day 4 Bear Brook Campsite – North Big Island

Leader – Phoebe

Today was a relatively early wake up of 6 a.m., although a yummy breakfast of bagels with Nutella, jelly and peanut butter got our spirits high. We packed

up camp and stuffed our gear into the van. Excited, we drove to our resupply which took longer than we thought. There was some miscommunication and we ended up having to paddle an extra few miles, but the women of Wavus handled it like champions. While paddling we sang many different songs to pass the time and had some engaging conversation topics as well. We arrived at the first campground to find that the Kieve Long Voyage had already snagged it, which is okay because we ended up at a better campsite just a bit farther. We set up camp and cooked up a delicious dinner of veggie stir-fry with a dessert of Milky Ways.

Day 5 North Big Island - Gero Island

Leader – Cynthia

Today we woke up around 6:15 and had a nice breakfast of sausage and scrambled eggs. We packed up quickly and paddled about 7 miles to The Store where we got a delicious root beer and squares of fudge. As we were leaving, Kieve's Long Voyage 2 came up to get their root beer and fudge. We talked to them for a bit. When we were finished, we left to finish our paddle to the campsite across Chesuncook Lake. Our campsite was on the island in the middle of the lake, Gero Island. Some of us were not feeling well as a result of too much fudge and root beer so we had to rest for a little bit until our stomachs settled. After everyone was feeling much more energized, we swam and tanned on the rocks for a few hours. Lastly, we sat down for a delicious dinner of flatbread pizza and a bonfire!

Day 6 Gero Island - Canvas Dam

Leader – Brooke Mullen

Today we had a later wake-up of 7 o'clock and had a quick breakfast of Special K bars before the paddle to

our next campsite. The paddle to our next campsite was pretty short, about five miles. It was rainy, but that didn't dampen our spirits! We even spotted some moose on the way and snapped a few pictures! We got to camp late in the morning and when we arrived at our campsite, Canvas Dam, we started off our Fourth of July celebrations by making some S&M pancakes. The day was relaxed and the girls sat around the fire and told stories. We even read aloud an entire book around the campfire! We had a yummy lunch of grilled cheeses or tuna melts. After some bonding time and warming ourselves around the fire, we cooked up a meal of Sheppard's pie with quinoa followed by a great dessert of s'mores! Some glow sticks completed the evening! We then had our very own fireworks show in the form of a thunder and lightning storm! After the storm, the rain lulled us to sleep as we dreamed about the exciting days to come!

**Day 7 Canvas Dam -
Caucongomoc Dam
Leader - Liv Small**

We started off the day early at 6 a.m. We had a hearty breakfast of oatmeal and headed off on our paddle. We paddled through Black Pond and reached the head of the Horserace Rapids. From there we had to drag the canoes up the rapids, against the current! A new experience for everyone involved! We had about a half mile portage to complete before we could get to our campsite. The portage was hot and buggy but we made it through really well! We got to the campsite around 3:30 and had a late but delicious lunch of pasta salad. After a brief rain storm and a quick nap, we woke up and had a dinner of rice and veggies in a tortilla. Yummy! The sunset over

the dam was beautiful so we all hung around outside and took some nice pictures on the camp cam! We fell asleep quickly and made sure to get plenty of rest for the next couple of days.

**Day 8
Caucongomoc Dam - Round Pond
Leader - Cynthia**

We started our day bright and early with a 6:30 wake-up call. The girls and I sat down at a picnic table and had a nice bowl of honey bunches of o's. After we paddled an easy two miles in marshy waters, we came into Round Pond. We had a straight shot to our campsite across the lake. On our way we saw a great taste of Maine's wildlife, two moose with their young and a swimming squirrel! When we got to our campsite, there were two other cabins, Long Voyage 3 from Kieve and Long Voyage 1 from Wavus, there! We shared our adventures and talked about the upcoming days. After Long Voyage 1's resupply came and they left, we enjoyed the rest of the day chilling, making friendship bracelets and doing hair wraps courtesy of Lauren. We finished our peaceful day with a big bowl of pesto pasta and garlic bread sticks. Everyone is going to bed with a warm tummy and excitement for what is in store for tomorrow.

**Day 9 Round Pond - The Cove
Leader - Sarah**

This morning we were allowed to sleep in late! Most all of us were awake by 8 anyway. We had a breakfast of pb&j bagels and packed up and got organized for our resupply. Joe arrived five minutes early! Quickly, we began to load the pickup truck. We read our mail and chowed down on donuts and soda, a special treat! After the pickup was loaded up with all of our gear and



canoes, we piled in and started off in the direction of the Allagash Lake portage trail! When we got to the head of the trail, we unloaded the truck and began the portage. We portaged the canoes first then came back for our personal gear. We finished the portage around 3, which was an impressive feat considering the portage trail was a mile long and our packs were heavy from our resupply! When we were finished, we sat down for a delicious and well-deserved lunch of Gatorade and pb&j pitas. We packed our canoes and headed out across Allagash Lake into the headwind. We arrived at our campsite in a little over an hour and a half and, while we waited for dinner, we made friendship bracelets and read some magazines that were sent to us on our resupply! Dinner was chicken and veggies in foil packets. Soooooo yummy!! Then we did some one-on-one Medical Minutes to make sure we were all doing well, then we headed to bed.

Day 10 The Cove - The Ice Cave Leader – Phoebe

Today we woke up to yummy hash browns and red peppers for breakfast. We packed up camp and started our short paddle to the Ice Caves. The caves were really awesome and we took some really cool pictures from inside! By the time we got back from the caves, the wind had picked up significantly so we had a quick conference and decided the best thing to do would be to stay the night at the Ice Caves campsite. For lunch we had turkey and cheese wraps and then set up camp. We read books and warmed ourselves by the fire. For dinner, Brooke and Live cooked us burgers over the grill on the campfire with pepper jack cheese on top. Another great day!

Day 11 The Ice Cave - Lost Spring Leader – Cynthia

Today we had a very early wake-up of 4:30 AM and had a hearty breakfast of cereal. We left by 5:30 to paddle across Allagash Lake. Some of us used the tarp to sail across the lake which was really cool! As soon as we hit Allagash Stream, we worked hard to paddle across the rocks to get to the head of the stream. We got to our intended campsite at Allagash Falls at 8 AM so we decided to keep going to the next campsite. It took us 45 minutes to portage around the falls and then we got paddling again. When we reached Chamberlain Lake, we rafted up, took out the tarp, and sailed to our campsite! We spent the afternoon sitting in the sun. We had a dinner of baked potatoes cooked in the fire! We ended the night by talking and spending time by the campfire!

Day 12 Lost Spring - Ledge Point Leader – Brooke

Today we got to sleep in till 8:00 and then we enjoyed a breakfast of eggs and bacon. After packing up, we decided to sail down Chamberlain Lake a little ways. After we sailed for a while, the wind picked up more so we had to paddle in order to make sure that we were headed in the right direction. We had to paddle hard against the wind. We arrived at our campsite of Ledge Point in the early afternoon and had a lunch of pasta salad. The rest of the day we spent swimming and reading in the sun. We had pasta Alfredo for dinner. Lots of pasta! Then we went to bed early for a well-deserved rest!

Day 13 Ledge Point - Telos Landing Leader – Liv

Today we woke up at 6 AM. Sarah and Phoebe made us pancakes with S&Ms. We paddled the rest of Chamberlain

Lake, through Round Pond and to our campsite on Telos Lake. We spotted Long Voyage One from across Telos Lake. Our campsite was really nice, very open! It had its own cove, too, which was great for swimming! We set up camp and then played some really fun games of camouflage! We capped off the great day with some delicious flatbread pizzas cooked by Phoebe over the fire.

Day 14

Telos Landing - Little Coffeelos

Leader – Orianna

Today we had our first real rapids of the whole trip! WE have officially made it two weeks in the woods! Even though we are having a hard time keeping ourselves from eating our gorp and conserving our toilet paper, we are managing. We enjoyed an unexpected late wake-up of 7:20 AM. We had some bagels with Nutella and PB&J while sharing our adventurous dreams. Packing up camp was an easy process and we were at the dam in no time. Then the group did a little scouting, a little portaging and soon we were racing down the rapids! Those rapids were a great preview for tomorrow and we were all really excited! We finished the day with a yummy mashed potato dinner, a nice fireside jam session and a competitive game of dots!

Day 15

Little Coffeelos-Matagammon Lake

Leader – Sarah

We woke up at 6:00 AM and headed out by 6:58 after a breakfast of cereal. We began our paddle to the Webster Brook for some sweet rapids! It was super fun!! We stopped before our first big rapids to scout out the routes. We all made it successfully down the first three sets of rapids and then we hopped out of our canoes to scout the

fourth set. Two boats flipped on that set but everyone made it to the side with all of our gear and canoes. It was no problem for us! After our fifth and final set of rapids we portaged Grand Pitch. It was a long, tough portage but we made it through! We reenergized with some pb&j sandwiches on bagels. Then we headed down to our campsite with nothing but a 10-mile paddle down Grand Lake Matagammon between us. Once we got to the dam, we did our final and shortest portage of the day and soon found ourselves at our campsite! At the campsite we made friends with locals and ate lots of tasty food including a treat of Cape Cod chips from our lovely counselors! We finished off the evening with big bowls of pesto pasta and went to sleep, satisfied with all the hard work we put in!

Day 16

Matagammon Lake – Grand Pitch

Leader – Phoebe

Today we awoke from a deep slumber in our tents to some filling oatmeal for breakfast. We were on the water by 7:45. We had two and a half portages today so lots of hard work! The first portage was the Haskell Rock portage. We did the long portage pretty quickly and were soon back on the water in search of our next portage trail. Our next portage was the Pond Pitch portage. It was pretty short so we cruised through it with no problem! It was another few miles of paddling, then we were at our campsite and our final portage of the day! We portaged our canoes to the end and set up camp along the portage trail. We had a yummy meal of sweet and sour rice for dinner and talked and laughed around the campfire until it got dark.

Day 17 Grand Pitch - Whetstone Leader – Cynthia

We had an early wake up this morning of 6:00 AM and had a breakfast of cereal on the beach of Grand Pitch. We got going and were paddling by 7 AM. It was about a ½ mile to our portage, the Hulling Machine Portage. It was a challenging, rocky and long portage but we got through it like troopers! We then paddled a couple hours on the Penobscot River until we found the perfect sandbar to sit down for a lunch of PB&J bagels. After eating, we kept paddling another couple of hours until we hit our campsite at Whetstone Falls. As the campsite was a little messy, we set up our tents and headed over to a nice open field across the road to cook dinner. We had a delicious pasta dinner. After eating, we came back over to get ready for bed. One more day until trip is over!

Day 18 Whetstone - Medway Leader – Brooke

Today was our last day of paddling! The trip has gone by so quickly! We headed out early from our campsite at 6:30 AM. We had a long but beautiful river paddle to the Grindstone Rapids. Experts at this point, we ran the rapids easily! Everyone got down successfully and we all had a blast. After cruising down a couple more rapid sets, we finished up with some calm river paddling and finally we got into our take-out point at Medway Beach! We hung out at the beach for a while and made some potato pancakes for lunch before we met Frances who came to drive us to Pine Grove Campsite. We had steak fajitas for dinner with lots of yummy veggies! We spent some time singing and hanging out, then went to bed, excited for our day of rafting tomorrow.

Day 19 Rafting - West Branch of the Penobscot River

Last day of trip! Time really does fly!! Today we got up at 6 in order to be ready for our day of rafting with Northern Outdoors on the West Branch of the Penobscot River! The eight Long Voyage girls and Frances all piled into our raft with our trusty guide, Moe. We put in at McKay Station and headed through Ripogenous Gorge for our first Class five rapid, Exterminator! After cruising through it, we headed into our second and last Class five rapid of the day, Cribworks! We held on tight and paddle hard and we successfully completed it! We spent the rest of the day eating yummy steak, rafting over waterfalls, cruising through some more class four rapids and most importantly, having a great time!! After rafting we watched a great slideshow of pictures from the day and headed south to Wavus! We stopped at Applebee's for dinner! It was so good! Then we headed into camp ready for our entrance. The girls hid at the top of the hill and waited until the rest of the camp came out. We then ran down the hill towards the Sunscape doing our turkey call and chanting. Everyone was excited to be reunited and it was so good to be back after such a fun and successful trip! It was a really great trip and congratulations to the girls of Long Voyage 2 for completing such an exciting and challenging trip!!!



Maine Trails

HBC: Bethany Preuss

JC: Quincy Snellings

JC: Alina Drufovka

Day 1 - Thursday 6/28

We woke up at 6:30 a.m. to finish up all last minute packing before breakfast. After breakfast, Joe drove up to the put-in at Friendship into Muscongus Bay. Quincy took the single kayak, Alina and I took a double, and the rest of the girls also took doubles. We made our way to Otter Island, just past Friendship Island and across from Cranberry. It was good weather for most of the paddle until we were almost there. We hit headwinds and rain so we pulled over onto a beach and ate some lunch. The rain was just passing, so we got back in our boats and paddled for about 10 minutes before we landed at our campsite. The paddle took about 2 hours and our campsite was beautiful. We cooked bacon, avocado cheeseburgers for dinner and then watched the sunset on the rocks. There are great views of a lighthouse past the end of the island.

Day 2 - Friday 6/29

We woke up at 7 a.m. and the radio was calling for morning and afternoon thunderstorms, so instead of paddling to the nearby lighthouse as we planned the night before, we had a short 45 minute paddle to Black Island. The weather was overcast with a few showers when we arrived, so we quickly set up camp and then played cards together as a group. As the day went on, the sky began to clear and the sun came out, turning it into a really beautiful day. The girls explored the perimeter of the island before coming back to the rocks in front of our campsite to listen to Quincy read *Eat,*

Pray, Love to us. For dinner tonight, we cooked up some very tasty pesto pita pizzas with hot sauce and pepperoni with Oreos for dessert.

Day 3 - Saturday 6/30

After eating granola for breakfast, we began our paddle to Thief. It only took us an hour. Thief was a pretty nice campsite with gorgeous views from the picnic table on the tip of the island. We unpacked our boats and set up tents before paddling across to Dick Kennedy's house to get water from his well. We fought against strong headwinds but they worked in our favor on our way back to Thief for lunch. We read more *Eat, Pray, Love* until dinnertime. After a delicious pesto pasta dinner, the girls put on a talent show, in which the counselors acted as Paula, Simon and Randy from *American Idol*. We watched a beautiful sunset before zipping into our tents for the night.

Day 4 - Sunday 7/1

We woke up and had a warm oatmeal breakfast before paddling to Hog Island. Today was another short paddle, but we kept our day busy. There were two women packing up camp when we arrived, so we unloaded our boats and walked on one of the trails to the Audubon Society side of the island where we ran into a Kieve cabin and Ryan. We made some lunch, talked about group goals and trip expectations, watching the puffins and ospreys on Hog Island's live video feed and the girls swam off of the dock. We collected fresh mussels from down by the water before walking back to our campsite for the night.

We challenged the girls to set up their tents with two girls wearing blindfolds and the third giving directions; this was a very successful activity for

learning how to communicate and solve problems as a team. Tonight was the first night the girls cooked dinner on their own. One team created a delicious couscous dish while another group built a fire between the high and low tide lines. Quincy and Bethany steamed the mussels, first over the fire, but finished on the stove after it began raining. Most of the girls tried the mussels but Quincy ate the remainder. Alina made some popcorn for dessert and then we went to bed after a very full day.

Day 5 - Monday 7/2

Today was our transfer day from Muscongus to Stonington. Joe picked us up from the Bremen landing and brought us all of our resupply items. We loaded up the van and boat trailer and headed off to Dunkin Donuts to get lunch for the road and meet somebody from camp with our box of frozen food. Claire met us for this resupply and joined us for our drive up to Stonington. Once we arrived, we packed up our boats, took advantage of flushing toilets on the nearby wharf and headed out into the busy and windy water. We arrived at Russ Island where Kieve has already set up camp and waited for Maddie to join us for the rest of the trip. After waiting around for a few hours, we decided we should go to Potato and set up tents. Potato turned out to be too small for our group size so we set up our own campsite at the other end of Russ. Finally Maddie joined us around 9:30 that night, bringing 6 pizzas, 3 bottles of soda, 4 bags of chips and all of the makings for s'mores. We ate some post-dinner pizza and then headed off to bed.

Day 6 - Tuesday 7/3

We woke up early and quickly packed our boats and began our paddle

to Kimball Island. After 2 hours, we arrived at our amazing campsite overlooking the bay. We set up camp and then hung out on the rock beach until the boys showed up around 11:30. We offered to share our mass quantity of pizza with them and they began reheating slices on their stoves. After the boys took off for the night, we got into our kayaks and paddled all the way out to a lighthouse on Isle au Haut. It was a beautiful, sunny afternoon with very little wind and we had a fun time paddling together as a group. We headed back to our campsite on Kimball and made some gado gado for dinner before heading off to bed.

Day 7 - Wednesday 7/4

Today there were predictions of thunderstorms so we stayed put to avoid being caught in the storm. We made M&M pancakes for breakfast and spent the day playing cards and reading. Since we weren't paddling at all today, we didn't want to lose focus on the trip. So we gave the girls an hour of solo time to think of 3 characteristics or goals they wanted to get out of the trip. A few girls shared some very powerful thoughts and some great goals that they wished to achieve by the end of our trip. We made couscous burritos for dinner and then, before going to bed, we decided to show our patriotism by singing the national anthem.

Day 8 - Thursday 7/5

Our plan was to depart from Kimball early in the morning to make up for lost time, but when we woke up that morning, we were fogged in. The fog didn't burn off until 11 and we were finally able to take off. We had a full day today - 6 hours of paddling, way longer than any day we've had so far but it was definitely a rewarding

experience. Our destination for the night was Campbell Island, which we pulled into minutes before Kieve did. This was definitely the worst campsite we've had to stay at. It was swampy and slippery and we had to carry our boats pretty far onto shore to avoid high tide carrying them away.

Day 9 - Friday 7/6

We woke up and had to once more carry our boats far from the shore to the water and then begin our paddle to the take-out spot at Carter Point Road. Our morning paddle felt like it went on forever, but we finally made it to the take-out and met up with Kate and Claire, who was finally going to join us! We loaded up the van, packed on the kayaks and headed out. We stopped to get food at Dunkin Donuts in Bucksport before finally getting to Monson to start our hiking section. When we got to the trailhead, we switched out our kayaking gear for hiking gear. It felt nice to put on a fresh set of clothes! Our hike to Leeman Brook was only 3.3 miles, but it took some time to adjust from our sea legs and feel comfortable with our heavy packs. We set up our tents at our very first hiking destination, cooked a delicious stir fry and went to bed.

Day 10 - Saturday 7/7

Today was our first full day of hiking, so we started out slow and steady. We woke up at 6 a.m. and ate bagels and cream cheese for breakfast. Abby was our very first leader of the day. 7.4 miles and a few river crossings later, we arrived at Wilson Valley Lean-To. We met some really cool thru-hikers as we cooked up our vegetable/pasta soup for dinner. We had a productive group discussion and leader of the day feedback meeting after dinner.

Day 11 - Sunday 7/8

Emma was our leader of the day today. We woke up at 6 a.m. and had oatmeal for breakfast after a night of battling with critters in order to keep our food from being eaten. Our hike had a very long, very intimidating uphill with a few river crossings and then some more uphill, but our destination made it all worth it. We rolled into camp at 4:45 and Cloud Pond turned out to be a dream-come-true at the end of this day. The perfectly flat tent sites sat right next to a gorgeous lake surrounded by mountains. We ate an incredible gado-gado meal for dinner and then went to bed for a great night of sleep.

Day 12 - Monday 7/9

We had another 6 a.m. wake-up and made some hot chocolate to go with our breakfast since it was a pretty chilly morning. There were many ups and downs but not too much elevation gain or loss. The Chairback Gap Lean-To wasn't the most accommodating for our group size, but we made it work. It was a very busy destination for thru hikers that night and ended up being super crowded. The water source was not good at all; there was a very steep descent to a very slow moving trickle of water. Diamond and Abby cooked up a tasty mac and cheese dinner and this was the first night that we left all camp responsibilities to the girls. This included cooking, cleaning, where to put tents, hanging food bags, debriefing, etc. and they did everything very well.

Day 13 - Tuesday 7/10

Leader of the day: Claire

We woke up to a chilly morning and packed up our gear. After a breakfast of cereal and a hasty making of lunch, I gave a quick briefing of the day ahead.



We began with a small mountain to climb and then a 5-mile downhill. We stopped at East Chairback Pond to get some water and to chat with some Irish thru-hikers and continued on our way. At the end of the downhill we ate a surprisingly tasty lunch of herbal tortillas and peanut butter.

Lunch was followed by a river crossing and a gradual 5-mile uphill climb. We got to the campsite, very quickly unpacked and relaxed while Courts and I made couscous. People added their own array of spices including Lawry's seasoned salt, soy sauce and red pepper flakes. We finished dinner and were "rained" upon by Hershey's bars. After dessert we hit the tents and got ready for the next day.

Day 14 - Wednesday 7/11

Leader of the day: Courts

Today was going to be a challenging day and our counselors let us sleep in. After they woke us up, we got our tents down and had oatmeal for breakfast and then we were on our way. We had four peaks to summit today. Our first uphill was up Gulf Hagas; the uphill was pretty hard and then we continued downhill until our next incline to West Peak. Once we reached that summit, we all had a snack of gorp and bars. We continued onward to Hay Mountain and had either tuna or peanut butter wraps for lunch. After lunch we made our way up Whitecap which was a very hard uphill. We made it to the summit and had a nice long break at the top where we had our first view of Katahdin and read some more of *Eat, Pray, Love*. We continued down a very steep downhill and arrived at Logan Brook shelter. We hung out in the lean-to until our dinner of rice and beans and then went to bed.

Day 15 - Thursday 7/12

Leader of the day: Audrey

Audrey led us on an 11-mile day into Cooper Pond. It was a super flat day and we did it in 6 hours! Since we hiked so quickly, we made it into camp a little earlier than normal and it just so happens that this site has a beautiful mini waterfall cascading into an almost perfect swimming hole. We all swam and some girls "tubbed", or washed up using Dr. Bronner's soap. This quickly ended when we discovered the pregnant leeches that exploded their babies onto one of our girls. It was a very eventful afternoon.

Day 16 - Friday 7/13

Leader of the day: Casey

Today was our resupply day. Casey led us for a very quick hike to our resupply spot where we read, and almost finished, *Eat, Pray, Love*, while waiting for Sara Taylor to arrive. She came with our new food and clothes, and best of all, a whole spread of food for lunch. Sandwiches, blueberry pastries, yogurt, watermelon and other fruit... it was a dream come true! We repacked our bags with our new supplies minus the peanut butter that mysteriously disappeared, and continued on. The back end of our group saw a moose in Mud Pond! It was a very exciting event to take place before arriving to the Antlers Campsite. Another gorgeous campsite! We camped on a peninsula right on the lake, and we got to experience the nicest privy so far. Dinner was a chicken/veggie stir fry cooked by Emma and Audrey.

Day 17 - Saturday 7/14

Leader of the day: Diamond

We slept in at Antlers and set off around 8 a.m. We made good time to our next campsite because our hike

was very flat. Once we arrived at Nahmakanta, our leader of the day, Diamond, took charge and told the group what needed to be done. We got together in a circle and discussed the girls taking more responsibility in regards to being more self-sufficient as a group and then we talked out some frustrations that some group members had. We did another hour long solo reflection time and came back together after to share our reflections. The group seemed to be on a new level after this experience and the night felt lighthearted afterwards. We had on again, off again thunderstorms and rain as Courts and Casey cooked pesto macaroni and cheese for dinner, but the night cleared up in time for us to go to bed.

Day 18 - Sunday 7/15

The girls slept in again today because we only had a 6-mile day ahead of us. They were able to wake up on their own and were very confused as to why they weren't woken up at 6 like all other days. Our first part of the hike began as a solo hike. The girls spaced themselves out by a few minutes and were instructed to respect each other's speed and space by not intruding into their thoughts and taking away from each other's quiet time. We stopped at the lake right before our destination and swam around for about an hour before we heard thunder in the distance, which was our cue to leave and get to our campsite. We fell asleep to the sounds of rain on our tents.

Day 19 - Monday 7/16

Back to our usual 6 a.m. wake up, we packed up camp quicker than we ever have before, being extra quiet. Today we had 11 miles ahead of us. Most of the previous days have been relatively flat, but today we faced a pretty

challenging and steep mountain before it flattened back out again. We arrived at Rainbow Spring campsite around 4:15 and struggled for 3 available tent spots. There was another girls' group there that happened to be a religious church camp who offered to move one of their tents for us to have room. We were able to get 2 tents in that single site and found a third nearby. They were really friendly but were probably very shocked to see us go to bed right after eating dinner – way before the sun even goes down for the night.

Day 20 - Tuesday 7/17

It was an overcast morning when we woke up, but we got an early start as usual because we didn't want to be on the same time frame as the church group since they were heading in the same direction. Today was another 11-mile day that took us over a ridgeline called Rainbow Ledges where we were able to pick some barely ripe wild blueberries. We were all very excited about eating some fresh fruit after eating so much trail food. Just before reaching the Abol Bridge campsite, we completed the 100-mile Wilderness – a very exciting feat! The campsite was more of an RV park with running water and flushing toilets and a general store! We pigged out on cheese and crackers and Pringles appetizers, followed by some surprisingly delicious pizza. We topped the night off with a large ice cream cone of newly delivered Gifford's ice cream.

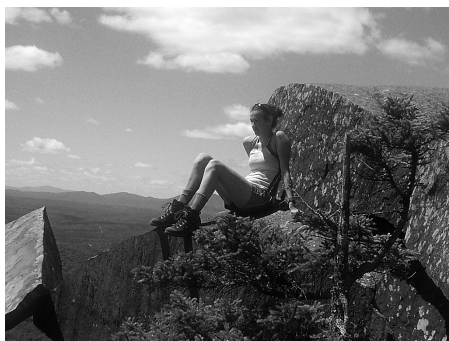
Day 21 - Wednesday 7/18

Since the store didn't open until 7 a.m., and that was our source for breakfast, the girls were able to sleep in yet again. We treated ourselves to a spread of breakfast treats and were happy to have the weather clear up from pouring rain to sunshine and

cool breezes. We brushed our teeth and used real bathrooms, packed up our tents and packs and waited for the boys to show up so we could hike into Baxter State Park together. Once they showed, we continued on our way, eventually separating into two separate groups... boys and girls. We had an awesome group hike this afternoon and finally made it into Baxter to meet up with our directors. Henry drove us to our campsite and we met up with Nancy and Joe who had an entire trailer full of food for us to indulge in. And indulge we did... a little too much. Each girl was able to have an entire baguette to herself; there were chips, munchkins, oranges, cheese sticks, gogurts, brownies and so much more food! We ate and ate and ate all while filling Joe and Nancy in on our trip. Everyone went off to bed with very full bellies anticipating the next day.

Day 22 - Thursday 7/19

3 a.m. wake up today! The girls shot right up and quickly took tents down, ate a quick breakfast and then piled into the van to drive to the Katahdin trailhead. By 4:45 we started our hike. We watched the sky brighten with the new day's sun as we continued to go up. Once we were above tree line, the wind picked up and we were freezing. It was windy enough to nearly blow us off the mountain but we kept moving. Kieve passed us along the way, but we met up with them on the top and had a very meaningful Kieve-Wavus celebration before turning around and descending. Back at the van, the girls were given their Maine Trails t-shirts before heading back to Wavus to reunite with the rest of camp.



Trip Notes - Session 2

Junior Wavus Responsibility

HBC: Cat Hendricks

JC: Bee Crudgington

JC: Taylor Wallace

August 5-6:

Hog Island and Snowgoose

Day 1

The campers of Responsibility began their camping adventure on August 4th. All of the Junior Wavus campers set up tents, some for their first time, on the sports field near the Jewell Lodge. With so much excitement it was a wonder anybody got any sleep that night. Aliene read all the girls a bedtime story and surprisingly, everybody was able to get a good night of sleep. The next morning Responsibility got up and broke down our tent and packed up our bags and ate a yummy breakfast. Our cabin teamed up with Respect to head out to Pemaquid Beach, where we enjoyed the sand and the water. Some brave girls swam in the chilly Maine ocean, while others built sandcastles and looked for sea creatures in the tide pools. After exploring and lounging on the beach, we got back into the van and headed toward Hog Island.

Once on the island Ryan, the environmental educator who lives on Hog, showed us around the island and pointed out the osprey nest. After pitching the tents and setting up camp, we went down to the docks to go swimming. Our girls were so brave and jumped off the dock into the cold ocean. After many cannonballs and paddle boarding around, we changed into dry clothes and followed Ryan on a nature trail. We spent a while building fairy houses after learning about the history of the island. We headed back to camp

and followed Ryan into his lab where we played with fish and lobster in tanks. Responsibility campers played with the touch tank, whalebones and all kinds of animal artifacts. Our campers tried to figure out the mystery of the day. Every day Ryan sets out a natural object and campers have to use their heads and nature books to discover what the object is. Our mystery of the day was an artist mushroom. Ryan showed the campers the osprey cam, which was pretty incredible. The counselors made a yummy dinner of burgers and hot dogs and cucumbers, tomatoes and avocado, but before the campers could get their dinner they had to perform skits about LNT (leave no trace). We ended the night with a bonfire on the beach and a couple of neat games. Ryan showed the girls the photo luminescent plankton and then the girls headed off to bed. After all the excitement of the day the girls feel asleep quite easily after listening to Cami, a counselor of Respect, read *The Lorax*.

Day 2

In the morning we awoke to bright sunshine and packed up our tents and bags. After moving all of our bags to the docks, the campers played a game where they tried to match colors to natural objects. The counselors made a delicious breakfast of cinnamon rolls and S&M pancakes with raspberries and blueberries. Once breakfast was over, the campers checked the Osprey and Puffin cam one more time as one of the babies was home. The Snowgoose picked us up and once aboard the lobster boat, we were under way. We were able to fish and pull up lobster traps. After not being very lucky with



our fishing attempts, we decided to go swimming and jump off the top of the Snowgoose. After almost breaking the record for jumping off the roof, we made a lunch of peanut butter and jelly and grapes and carrots. We headed back to Bremen and packed up the vans. Before arriving at camp we made a pit stop at Jefferson Scoop, where everyone enjoyed some ice cream. It was a wonderful first introduction to camping and everyone had such an amazing time!



Junior Wavus Respect

HBC: Claire Lupo

JC: Camille Clancy

JC: Emily Hebert

JC : Boo Habibullah

August 5-6:

Hog Island and Snowgoose

Day 1

After waking up to a breakfast of wild doughnuts, yogurt, oatmeal, and fruit at camp, we got our gear together, loaded up on sunscreen and water, and left for Pemaquid Beach. As we approached the beach, a fog rolled in and we were worried that our beach day may be ruined. However, it was still a warm and humid day and the girls of Respect and Responsibility enjoyed making drip sand castles, going on walks down the shore line, having long jump contests, and splashing in the salty ocean water. After washing off as much sand as possible, we piled back into the vans and headed to Bremen Landing to go to Hog Island.

We enjoyed a lunch of turkey and cheese sandwiches with apples and granola bars at Bremen. Once on Hog Island, Ryan, the environmental educator, showed us around the beautiful island. We then set up our tents and met Ryan on the dock. The tide was high enough that all of the girls could jump off the railing of the porch of Ryan's house on Hog Island into the ocean water. The water was freezing cold but fun and refreshing! The girls got to jump, swim, and play on a paddle board all afternoon. After changing dry clothes, we had a quick snack of granola bars and then Ryan showed us around the museum on the island. The campers looked through books and maps, examined shells and other artifacts, and got to interact with

lobsters, fish, and crab in the touch tanks. They learned a lot more than they even realized.

Ryan showed the girls a game that made them use senses other than sight to identify trees around the camping area. He then led us on a walk around the island. We saw different parts of the forest, ate wild raspberries and edible flowers, and then made fairy houses in a mossy, fairytale-like spot along the coastline.

After enjoying a dinner of their choice of a cheeseburger or hot dog with tomatoes, avocados, and cucumbers on the side, we put on warm clothes and gathered around a campfire. The girls had a treat of Oreos and roasted marshmallows for dessert. Ryan led





the girls in some night time activities of distance perspective, tricks with mints sparking, star gazing, and observing the bio luminescent plankton in the water. When all of the giggles and sugar were worked out of us, we retired to our tents to get a good night's sleep before the fun day on the Snowgoose lobster boat ahead of us.

Day 2

We woke up to the waves washing on the beach below our campsite and had a breakfast of cinnamon rolls, pancakes, raspberries, blueberries, and cut up apples. After doing a bit more bird watching of the island's resident osprey and chicks, the Snowgoose, which is a lobster boat, picked us up from Hog Island. Captain Duffy and his first mate Pete took us out to explore Muscongus Bay. We fished off the side of the boat, with no luck. But the girls' spirits were renewed when we pulled into a bay by Harbor Island and they could jump off the top of the boat into the ocean. The water seemed even colder than the day before, but jumping and swimming was a thrilling and popular activity. Some of the girls jumped off fourteen times!

We had a lunch of peanut butter and jelly sandwiches, carrots with hummus, and grapes, and lounged in the sun on the boat deck. We reapplied sunscreen, played zoo, and played mafia before moving around the bay some more to pull lobster traps. The girls anxiously awaited as First Mate Pete pulled the trap up to discover a baby hard shell lobster. The girls got to look at it, and then we tossed it back into the water to live. After taking one more ride throughout the bay, we were dropped back off at Bremen Landing and finished off our trip with a well-deserved treat of J-Scoop ice cream.



Junior Wavus Courage

HBC: Missy Harney

JC: Claire Donovan

JC: Bay Crosby

August 6-7:

Hog Island and Snowgoose

Day 1

Today Courage left on our overnight to Hog Island. In the morning we went to Pemaquid Beach to swim for a little while. After, we left for the Bremen landing where we took kayaks over to Hog Island where we met up with our guide for the day, Ryan. He showed us around the island and then we set up camp. After that we explored the museum where the girls got to touch some the sea life in a touch tank. Then we all went swimming in the ocean and we got to jump off the railing on the building into the ocean. Then we went and took a nature walk around Hog Island. We got to experience some different edible plants and we had a snack to hold us over till dinner. After our hike, we had cheeseburgers and vegetables for dinner. After clean up we made a fire and made s'mores while we sang campfire songs. After the campfire we went to do a cool trick with Ryan where you take a wintergreen lifesaver and crunch down really hard and it makes pale blue lights in your mouth if it is really dark. Then we went down to the water where we swished our hands around and saw the phosphorescent plankton light up in the water. After we got ready for bed, we listened to The Lorax by Dr Seuss and went to bed.

Day 2

In the morning we kayaked back over the Bremen where we boarded the Snowgoose III and took off for the day. On the Snowgoose III Captain Bill and first mate Troy showed us how to haul

lobster traps and how to check if the lobsters were legal size to keep. Then we got to go swimming and jump off the top of the boat into the ocean. All the girls had a great day and a great trip and they cannot wait to go on longer trips in the years to come.



Junior Wavus Kindness

HBC: Brooke Bowhay

JC: Abbie McIvor

JC: Masi Habibullah

August 6-7:

Hog Island and Snowgoose

Day 1

Kindness took off after breakfast on our excursion to Pemaquid Beach! There we played in the beautiful white sand and swam around to cool off from the intense heat of the day. We left in the afternoon to head to Bremen landing, have a tasty lunch of turkey, ham or sunbutter and jelly and then take off in our kayaks to Hog Island. After our short paddle across the bay, we were greeted by “Hog Island Ryan” who showed us where we could set up our tents. When we were all settled, we had a fun afternoon jumping off the dock for a nice swim, going on a hike, learning about all the edible plants on the island, making fairy houses, and playing with all the sea creatures in the hands-on salt water tank. After a yummy dinner of veggie, chicken, or beef burgers with a side of vegetables we built a fire on the beach and made s’mores. Counselor Abbie read to us about the Lorax and we were off to bed.



Day 2

The next morning we woke up, packed up all our gear, ate bagels, fruit and yogurt and paddled back to Bremen where we met the van to take us back to Wavus.



Algonquin

HBC: Logan Faulkingham

JC: Charlotte Briggs

JC: India Kline

July 30-31: Hog Island

Day 1

Today the lovely ladies of Algonquin ate a delicious breakfast at Wavus before leaving on their trip to the notorious Hog Island! We packed up our van with our bags and headed to our first stop: Pemaquid Point. There, we explored the rocks, ocean and even ventured up into the lighthouse. The girls got to see the view from up in the lighthouse, and climb around on the huge boulders on the shore. The weather couldn't be more perfect on a day like today. After arriving at Bremen landing, we all had a delicious lunch of turkey, cheese and tomato sandwiches! Soon, Ryan arrived and gave the girls a kayaking lesson! As soon as everyone felt comfortable, we loaded our gear into his boat and grabbed our kayaks, paddles and life jackets. The paddle over to Hog Island was a first for everyone! We had some head winds, but we all made it over in decent timing. Ryan showed us around the island, and we set up camp. In the afternoon, we got to explore around the island and experience our other senses.

The touch tank was a big hit! We found all sorts of crabs, lobsters and more! We even explored in the intertidal zone and found all types of living organisms! After making pizza for dinner, we had a warm fire and delicious s'mores! Then, Ryan took us for a little hike to watch the glorious sunset.

Day 2

We awoke to the amazing sunrise

of Hog Island! After packing up our campsite, we headed over to make breakfast. Granola, strawberry yogurt and fresh blueberries and raspberries were on the menu. After munching down some delicious breakfast, Ryan met us for our morning hike around the island! The girls were very excited to get on the trail. We tasted things, smelled things, and built things! Everyone experienced something new on this hike and had a fantastic time! After stopping at a beach to take a dip, we headed back to the main area to have some lunch! PB&J and Nutella sandwiches with an apple filled our bellies and gave us some fuel. We loaded all our gear back in Ryan's boat. However, we had to definitely jump off the dock into the water first! After, we grabbed our kayaks and got back on the water to head over to Bremen landing. When we got the van all loaded up, we hopped in and headed to J-Scoop to top off the trip. We are ready to be back in camp but after this primer, everyone is excited for our Camden Hills trip!

August 4: Snowgoose

Algonquin woke at 7:30 and went to flag followed by breakfast. Afterwards, we gathered our day packs and piled in a van and by 9:15, we were headed to Bremen to get on the Snowgoose. We arrive at the landing, and after meeting Captain Bill, we boarded the boat. We cruised around Muscongus Bay and pulled up some lobster traps. Some of the lobsters had to be thrown back because they were too small, but not before all the girls had a chance to hold one. We continued moving until we spotted a porpoise. Not long after, we saw a fin and waited until it came close enough to the boat for all the girls to see a sunfish. It was bigger than

most of the campers and we were the first Wavus cabin to ever see a sunfish! We then anchored near an island and after eating lunch, got to jump off the top of the Snowgoose into the freezing Maine ocean. Noa and Molly set the new session record with 65 jumps each. And all the campers were brave enough to jump off the top. We spend some time sunbathing and then Captain Bill gave us Snickers bars. We headed back to the landing but not before seeing some sun bathing seals. We waited on the dock until Eliza arrived and on our way home, we stopped at J-Scoop for some ice cream. After ice cream, we returned to Wavus in time for afternoon G-swim, which all the girls eagerly participated in.

August 8-10: Camden Hills

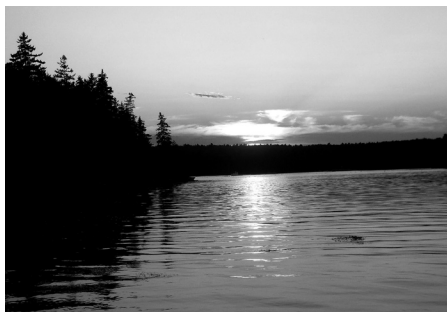
Day 1

Today the girls of Algonquin woke up and had a delicious breakfast of bacon and French toast at Wavus! Shortly after, we packed our van and filled our water bottles. We bid our goodbyes and headed out to Camden Hills. We arrived at our site and, after checking in, we set up camp and packed our salami and turkey sandwiches. Our hike today was up Mt. Battie. The girls were excited to get on the trail. We stopped about halfway up and had our delicious lunches and granola bars. The weather was hot and sticky but we were prepared and hydrated! We finally summited, snapped some group photos and took a look at the stone tower at the top. The view of the ocean and surrounding mountains was one to remember. The way down was eventful and fun. After the hike, the counselors surprised everyone by taking a mystery van ride to the Rockland Breakwater! We walked out

1 mile to a lighthouse on the ocean. Dinner was hotdogs and burgers, mmmm good! We gathered firewood and cooked a delicious dessert of s'mores! We were all pretty exhausted afterwards and hit the tents, ready for what tomorrow would bring us.

Day 2

The girls of Algonquin awoke to a foggy morning off the coast of Maine! S&M pancakes for breakfast! After filling our bellies with the sweet morning breakfast, we loaded up the van and all our gear and headed out to the Maine State Museum! After stopping for some pb/jelly/nutella sandwiches, everyone was excited about the day's adventures ahead. We learned so much about the history of Maine and what Maine has to offer! We saw moose, blueberries and a wide arrange of old tools! J-Scoop was on the list on our way back to Wavus! Mmm, ice cream on a hot summer day really hit the spot. We arrived back at camp to find that Sara Taylor and Julie Walters had set up tents for us in an empty cabin! What fun this will be! We took a swim in Damariscotta Lake and then made a fantastic dinner of pasta, chicken, cheese and peppers! For dessert we snacked on oreos and starbursts! After a long day of activities, we played some games in our tents and called it a night.



Day 3

Good morning, Algonquin! We awoke to dry tents and a well-rested group! After having bagels and cream cheese, we packed sandwiches for lunch and took a paddle around the point! After battling the winds of the lake, we experienced something quite exciting! Ssssssss! Molly had a little gardener snake in her kayak! After rescuing Molly, we got her a new kayak and let the snake back into nature. After returning to camp, we unpacked our gear and joined the carnival happenings at Wavus!



Mohawk

HBC: Charlotte Perkins

JC: Sarah Schlosser

JC: Ashley Mercede

July 28-29: Damariscotta Lake

Day 1

Today we left camp around 9 in the morning after loading all of our gear in to the canoe trailer. We drove to Kieve and put in at the Harriett House on their property. From there we paddled to Cool Island where we were to spend the night. We first stopped off at the new swim docks across the way where we went for a swim and had lunch. For lunch we had delicious pita with jelly and sun butter, cheese sticks and grapes. Then, before it got too late in the afternoon, we paddled across to Cool Island. When we got there we set up camp, and organized all of our gear. Once our tents were staked down and our sleeping bags were set up, we had some down time, when the girls could read or talk quietly in their tents. After this we collected firewood to make a fire on which we grilled hotdogs and hamburgers. Then we went for an evening swim, dried off by the fire, roasted s'mores and got ready for bed. After our teeth were brushed, we read aloud by the fire.

Day 2

The next morning we woke up, packed up our site and made S&M pancakes, which were delicious. Then we loaded all of our gear in the boats and paddled back the Kieve. Here we put all the canoes on the trailer, put our gear in the van and drove to the main part of camp to enjoy a Sunday lunch with Kieve. They had barbeque and corn! Then we got to climb on their rock wall and before we headed back to camp, we stopped at J-Scoop, yum!

August 2: Snowgoose

Today we went on the Snowgoose III, the lobster boat for Kieve-Wavus. We set out after a warm breakfast at Wavus, and drove to the Bremen Landing. Here we met Captain Bill and his deck hand Troy. We all got life jackets on and went out on the boat. It was a very foggy morning, but we spent that time fishing and caught many! Then we anchored for lunch and went swimming off the boat. It was a great day on the Snowgoose, and the fog lifted towards the end and we even got to see a Bald Eagle's nest!

August 5-7: Mt. Blue State Park

Day 1

Today was the second Sunday at Wavus for this session. We had a nice breakfast in camp and then set out to Mt. Blue State Park. We drove for about 90 minutes and reached our destination. After we set up camp, we had lunch, which consisted of sandwiches, grapes and cheese sticks. Then we decided to go to the beach near our site. We played here for the most of the day at the playground and in the water. After a long day of swimming, we got back to our campsite and searched for firewood, and kindling. Then we had macaroni and cheese for dinner, sat around the campfire, roasted s'mores and went to bed.

Day 2

The next morning we woke up and had bagels and cream cheese for breakfast, with a side of blueberries. We set out for our day hike up Tumbledown Mountain. We hiked for 90 minutes, with many water and snack breaks. When we got to the top, there was a pond that we could play in. We ate lunch that consisted of sandwiches, apples and pepperoni. We stayed up

at the top for a while and played on the rocks. Then we started our descent and once we got down to the bottom, a swim was much deserved. We swam for a little bit, and then went back to the campsite to change out of our suits and collect more firewood. We had a nice dinner of quesadillas with chicken, peppers, and onions. After that, we read the girls Charlotte's Web and tucked in early for bed.

Day 3

Today we woke up had oatmeal and packed up the entire site. We left Mt. Blue St. Park and drove to the trailhead of Mt. Blue to do a day hike before we headed back to camp. We hiked that mountain, had lunch at the top, admired the view and then headed back to camp. Before we returned, we stopped at J-Scoop as a much deserved reward. Overall, it was a great 3-day camping trip, with yummy meals and terrific views.



Cayuga

HBC: Bethany Preuss

JC: Kelsey Sullivan

JC: Zoe Atchinson

July 27-28: Hog Island

Day 1

We left Wavus after breakfast and drove to Pemaquid Point Lighthouse. Not only did the girls get to walk up to the top of the lighthouse, but they also had a nice tour of the little museum. Here our tour guide showed us examples of equipment lobstermen and fishermen used. The museum was filled with pictures of fishermen with their prized catch, old lighthouse equipment and even a 45-pound lobster on the wall!

We went from Pemaquid Lighthouse to Bremen Landing where we met up with Ryan. He boated all of our stuff over to Hog Island while we each got into a kayak and kayaked across to the island. Ryan gave us a quick little tour of the main part of the island and we set up our tents before eating our pepperoni and cheese pitas for lunch. After lunch, Ryan led the girls on a nature hike around the island. He taught us about the history of the island, its environmental growth, the consequences of human impact and all about the wild edible plants that grow on the island. Before returning back to our campsite, we stopped at a sandy beach where the girls swam and hung out in the sun. We headed back to our campsite to make bacon cheeseburgers for dinner while the girls jumped off of the dock and swam some more. They had some GORP and dum-dum lollipops for dessert while watching the sun set over the mainland. Once it was completely dark, Ryan led the girls on a night hike where we saw a carnivorous

plant and learned some cool tricks with human night vision. We went back to the dock and looked at stars, learned some constellations and went to bed for the night.

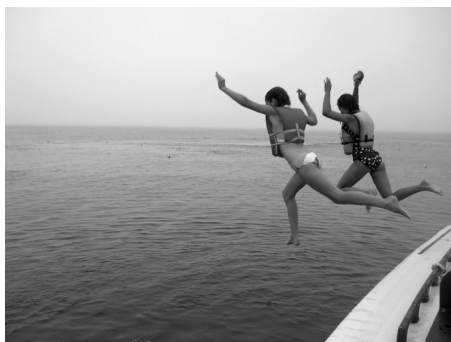
Day 2

The girls woke up to S&M pancakes and hot chocolate and enjoyed a quiet, beautiful morning on Hog Island. Once all of our tents and belongings were packed and ready to go, we got back in our kayaks and followed Ryan to another nearby island to see some new scenery and do more swimming. We paddled back to Hog Island for a delicious lunch of cold cut sandwiches and then paddled back to Bremen. The trip wouldn't be complete without a stop at J-Scoop for some much deserved ice cream!

August 1-5: White Mountains

Day 1

The Cayuga cabin left Wavus after breakfast and drove to the Dolly Copp campsite in Gorham, New Hampshire. There, the girls were challenged with setting up their tents in heavy rain. Our original plan was to hike the Imp Trail, but because of the torrential downpour, we surprised the girls with a trip to Dunkin Donuts to treat them to hot chocolate to lift their spirits. The sole employee at the Dunkin Donuts was kind enough to offer the girls a dozen free donuts along with their cocoa, which they were so pleased with that they asked him for his autograph! When the weather improved, we took the girls to the Rattle River Trail, a section of the Appalachian Trail that leads to a shelter and a small cascade for the girls to explore. Afterwards, we headed back to Dolly Copp for a yummy dinner of bacon cheeseburgers.



Day 2

For breakfast on our first morning, we treated the girls to a breakfast of S&M pancakes before heading out to the Imp Trail, which was right down the road from our campground. Today's hike was much more of a challenge than the previous one, because of its steepness and length, as well as having slippery, wet rocks. The girls pushed past their discomforts and made it to the summit for a beautiful view of the Mount Washington Valley. We took in the vista as we ate our lunches and played hand games before heading back down the trail. Right after hiking we drove the girls to a beautiful swimming hole located just north of the Dolly Copp campground. It was so refreshing to dip in the cool water after a tough day of hiking! It was hard to tear the girls away from the crystal pools, but eventually we headed back to camp for a delicious chicken stir-fry dinner.

Day 3

After a quick breakfast of yogurt and fruit, we loaded into the van and drove down the road to the Pinkham Notch Visitor's Center. There, we received instructions from the desk clerk on how to hike to Wildcat summit D via the Wildcat Ridge Trail. Parking just down the street from Pinkham Notch, we began our uphill journey on the Lost Pond Trail, which is part of the Appalachian Trail. After a mile of flat trail, this merged into the Ridge Trail, which was a very steady uphill climb. Some of the girls looked like monkeys as they used "all fours" to scramble up the rocky path. Making our way up the ridge was hard, but there were rewarding views of Mt. Washington at several spots on the way up. After a couple hours, we were excited to hear the sounds of a working ski gondola as

we neared the summit. Emerging from the wooded trail, we were met with astounding views of Mt. Washington to the west and several other mountains to the east. We enjoyed a well-deserved lunch on a shaded picnic table on the grassy summit of the Wildcat Ski Mountain. Fortunately, we were able to take an easier way down by walking one of the mountain's mellow ski trails, ending at the Wildcat ski lodge. We re-visited the same swimming hole, which felt even more refreshing than the day before, and finally returned to camp for a gigantic dinner of mac & cheese. As the light grew dim in camp, the counselors started up a fire and had the girls find marshmallow sticks so that they could make s'mores. After dessert, the girls headed to bed early so that they would be well-rested for the challenge of Mt. Washington the next day.

Day 4

We woke up early today and had a quick breakfast of cereal and fruit before driving back to the Pinkham Notch Visitor's Center. Our hike started off slowly, and after a short time it became very apparent that the girls were wiped out from the previous day's hike. Instead of continuing on, we decided that it would be better to let the girls rest for the day and attempt Washington the next morning. We all agreed to head back to camp and spend the rest of the morning recuperating and having "quiet time". The girls spent the day resting and playing quiet card games until the early afternoon, when we once again drove to our swimming spot to escape the heat. After about an hour of cooling off in the pools, we drove the girls back to camp for a fun make-your-own pizza dinner. They had another early bedtime

in preparation for attempt number two of Mt. Washington.

Day 5

We awoke even earlier today because the girls had to pack up all of their tents and have their packs in the trailer before we headed out for our final trip to Pinkham Notch. We ate breakfast right outside the visitor's center before starting up the Tuckerman Ravine Trail. The girls had more energy today, and were very excited and determined to make it to the summit on their final day in the White Mountains. The group made very good time, reaching the very crowded summit about 4.5 hours after starting the trail. Since we still had to drive back to Wavus later that day, we spent only an hour at the top, catching a few glimpses through the clouds of the valley below and eating our lunches. Our journey down was slow and steady, and pockmarked with periods of torrential rain. Everybody arrived at the visitor's center soaking wet, but extremely upbeat and excited about their accomplishment. We all loaded back into our van and hit the road to return to Wavus.

August 10: Snowgoose

After eating breakfast on Friday morning, we loaded into the van and drove over to Bremen Landing to meet Captain Bill and Troy. We all grabbed life jackets and piled onto the boat to listen to the rules and the plan for the day. Unfortunately, the weather wasn't too favorable today. We set off into the fog, anticipating the excitement of pulling up lobster traps and looking at seals in the distance. After holding countless lobsters and learning about their ways of living, Captain Bill anchored the Snowgoose in a wind protected spot for some afternoon

swimming. We ate sandwiches, granola bars and fruit for lunch and then we were given the go-ahead to jump off of the top of the boat. Even though the sun was still nowhere to be seen, the girls jumped for a very long time. Fallon jumped off over 60 times earning the jump record of the summer! We headed back to Bremen with a stop at J-Scoop for ice cream before returning to Wavus.



Cherokee

HBC: Courtney Krolikoski

JC: Pamela Steger

JC: Frannie Gurzenda

July 27: Snowgoose

We left Wavus after eating breakfast in Jewell with the rest of the camp. The skies were grey and it was drizzling, but we were excited to get out onto the ocean! When we arrived at Bremen Landing we met Captain Bill and he escorted us onto the Snow Goose - Kieve-Wavus' lobster boat. We headed out from the landing and began pulling up lobster traps to see what we had caught. We really enjoyed playing with the three large lobsters that were caught and throwing back in the ones that were too small to keep. We also enjoyed looking at the islands with the seals on them and the island with the puffins! After we watched the local wildlife for a while, we anchored in some calmer waters for lunch. For lunch we had turkey and cheese sandwiches, blueberries, cheese sticks, and Oreos. After lunch we got to play around on the boat for a while - jumping off the roof into the chilly Atlantic! After that we went fishing and caught a ton of fish! While we were fishing, a bunch of porpoises jumped alongside our boat and escorted us for part of our trip back to shore. For the rest of the ride home Captain Bill surprised us with Snickers bars as a treat. After we docked, we headed back home to Wavus!

July 31- August 1: Hog Island

Day 1

We set off after breakfast and enjoyed exploring around Pemaquid Lighthouse for about an hour. The weather was beautiful and we had a lot of fun scrambling on the rocks by

the ocean and getting splashed by the spray. We also visited the museum at the base of the lighthouse and learned about the seals around Hog Island and how a lobster trap functions, which was really cool. Then we drove to Bremen Landing and enjoyed a lunch of PB&J and cheese sticks. Then we met Hog Island Ryan and we put our bags in his boat and kayaked over to Hog Island. It was high tide and the wind was going against us but we made it across and we had a fun time even if we did get a little wet from the waves.

Once we got to Hog Island, we set up our tents and played field games with Ryan. We played a game called blind-folded tree find and it was really fun. Then we took nets and buckets and went to collect animals from the tide pools. We found several lobsters, crabs, snails and hermit crabs to add to Ryan's collection in the touch tanks. We got to feed the lobsters and crabs afterwards and then we played with the osprey cam while the counselors cooked dinner, which were fajitas! After a long day this excellent meal really hit the spot.

After dinner we played soccer with Ryan until it was dark, and then we jumped off the dock into the ocean and went night swimming. Then we went back into the lab and Ryan taught us some more about the animals. Then we went to our tents for the night.

Day 2

We woke up to the pitter patter of rain on our tents. Some of us had damp tents but luckily the sun came out later in the day after breakfast and everything dried off quickly. We ate breakfast - bagels and cream cheese - in the fish house. Then Ryan took us to look at the puffin cam and the osprey cam which were both really cool. We



met Nancy and Henry soon after and it was very good to see them. When the weather cleared up, we went on a nature walk with Ryan and discovered some natural edibles like sand fleas, pretzel plants and the like. We sat in the moss in the forest and just listened to all the sounds around us. It was wonderful to realize just how much you can tell about the world around you if you simply stop and listen. Then, since it was nice and sunny again, we jumped off the dock into the ocean once more before having lunch which was pep and cheese sandwiches – yum! After lunch we parted ways and kayaked back to the dock. We returned to Wavus via J-Scoop and enjoyed some awesome ice cream. It was the perfect finish to our adventure!

August 6-10: White Mountains

Day 1

We departed the lovely Wavus Camp for Girls around 10 a.m. Eliza Cress, Assistant Tripping Director, joined us for this adventure. We rocked out in the van to an excellent variety of CDs. When we reached the Dolly Copp campsite, we set up camp and went exploring. We discovered a beautiful waterfall and went swimming nearby. We couldn't believe how beautiful the rocks and the water were – they looked like they weren't real, they were so picturesque. The water was cool and refreshing, and we had fun splashing around and getting psyched about our hike up Mt. Washington!

Day 2

Today we got up at 5 a.m. and, after a breakfast of bagels and cream cheese, we were on the trail by 6:30 a.m. We got super pumped up during the van ride and we were ready to go when we reached the base of Tuckerman's

Ravine. The hike was rocky and steep but we kept pushing ourselves and took breaks when we needed them. The climb provided some spectacular views and sometimes we would just pause and take in the beautiful scenery. The weather was gorgeous and there was not a cloud in the sky, thus we could see for what seemed like miles in every direction. At about the halfway point there was a hut and we paused there to take in the awesome waterfall in the ravine. We made steady progress and it was fun to track our ascent by comparing our elevation to the other mountains around us, which steadily shrunk as we climbed higher. At the summit we chanted our WAVUS, WAVUS, POW POW! We were super proud of what we had accomplished! Lunch consisted of PB & J and some special treats purchased at the café. Never does a sandwich or a candy bar tasted so good as when it is accompanied by an awesome feeling of success! The views from the top of Mt. Washington were sick. We spent some time enjoying the sights and the rush and were so proud that we had hiked it, not driven it. Then we hiked back down and were very glad to get back to the van. We pulled off on the side of the road and went swimming in the river again to cool off. We enjoyed a wonderful dinner of burgers and climbed straight into bed, the perfect ending to the perfect day.

Day 3

Today we slept in – we had earned it. We ate a leisurely breakfast of yogurt and granola before setting off for our hike to "The Roost," a one-mile round trip hike with some amazing views from the top of the mountain. Turkey and cheese sandwiches made up our lunch and when we had finished, we

hiked down and went swimming in a nearby river. We enjoyed ourselves thoroughly. The water was so nice – not too chilly, not too warm, and there were some shallow pools that were really fun. We spent the afternoon bonding and playing water games. Then we returned to the campsite and spent a rest hour of sorts together before our delicious dinner of fajitas. Then we brushed our teeth and went to bed.

Day 4

Today we hiked a section of the Appalachian Trail: The Rattle River trail which was a 1.6 mile stretch from the trailhead to the Rattle River shelter. We experienced a surprise rain shower but it passed quickly and it was an enjoyable adventure. Since we were already a bit wet, we decided to go swimming before drying out when the sun came out in the Dolly Copp picnic area. We dried our clothes by the fire in the picnic area and ate PB & J sandwiches. Then we played Frisbee, hacky sack, and cards. Some of us also decided to build small structures out of sticks and leaves for which we are sure the local fairies thank us. We spent the afternoon here and improved our forehand and backhand Frisbee throwing techniques, thanks to Eliza who was our resident Ultimate Frisbee specialist. For dinner we had fire-roasted potatoes, peppers, cheese, chicken and onions, courtesy of Courtney. Then we executed the world's fastest clean-up and were in our tents just in time for another surprise evening thunderstorm.

Day 5

This morning we woke up to thunderstorms. We packed up and had breakfast at Dunkin Donuts. We had a second breakfast of PB & J around mid-morning at a picnic site.

Lunch consisted of Pizza Hut which was delicious of course. We rocked out in the van once more; enjoying the last bit of time we had alone with our cabin before returning to camp via J-Scoop.



Narragansett

HBC: Emma Murphy

JC: Alice Lazare

JC: Claire Yost

July 31: Snowgoose

We awoke the morning of our Snowgoose trip to beautiful weather, which only heightened our level of excitement for what the day had in store. After finishing a delightful Wavus breakfast, we packed a picnic lunch, then began our short trek to the Bremen landing. When we arrived, we loaded the boat, then headed out on the water for a day packed with fun activities. We began by traveling towards the open ocean for some relaxing, yet fruitful, fishing. In the midst of fishing, we pulled up Kieve-Wavus' lobster traps. Fortunately, we caught a few of the little bugs to play and take photos with. When we had had enough of fishing, we enjoyed our lunch in between a couple of islands, then headed to a calmer, warmer spot for some swimming. We all enjoyed an hour of swimming and jumping from the roof of the boat, a classic Wavus experience. When we had decided we had spent enough time in the icy, 65-degree water, we headed back to the Kieve-Wavus dock. On our way back we passed Hog Island and waved hello to some of our fellow Wavus campers. Once we had made it to dry land, we hopped in the van and journeyed back to Wavus. Overall, the 'Gansett gals had an amazing day on the water!

August 4-5: Hog Island

Day 1

After enjoying a delicious Wavus breakfast we packed up our things and headed to the Bremen landing where we planned to launch for our primer to

Hog Island. When we arrived, we were greeted by one of the most beautiful days of the session. After swimming and exploring the tidal zone, Hog Island Ryan met us to transport our gear to the island; we followed him by kayak. After setting up camp and enjoying a wonderful picnic lunch, we went for a nice long swim in the ocean. Much of the afternoon was spent jumping off the railing of the dock, paddle boarding, and frolicking in the water with friends. When we began to grow weary of the freezing water temperatures, Ryan took us to the museum on the island, which was home to an awesome touch tank and a bunch of cool plants and animals. We then kayaked to two smaller islands where we decided we couldn't resist the water and swam once more. When we returned to Hog, we began grilling our bacon cheeseburgers and playing soccer on the lawn. Once we had devoured our delicious burgers, we cleaned up and built a fire on the beach. After inhaling more s'mores than we could count, we discovered the bioluminescence and stargazed on the dock. It was a fantastic end to a fantastic day!

Day 2

This morning we awoke and prepared a delightful breakfast of M&M pancakes and bacon. Once breakfast had been eaten and cleaned up, we did a few activities that incorporated the island's beautiful gardens, then went on a hike around the island's perimeter. On the hike we enjoyed trying a number of "trail nibbles" such as natural arugula and miniature shrimp that are considered "nature's pop rocks". When we arrived at the center of the island, we marveled at the forest floor, which was covered entirely in moss. We each

then chose our own patch of forest and each spend a few minutes lying on the moss reminiscing on our time on the ocean. When we returned to camp, we made lunch, then packed up and kayaked back to Bremen. The primer not only served as a great way to get our feet wet in the camping world, but also as an amazing stay on the ocean. We were all sad to leave but managed to turn our frowns upside down with a stop at J-Scoop on the way home to round off our amazing experience.

August 11-15: White Mountains

Day 1

This morning we enjoyed a lavish breakfast at camp before leaving for the White Mountains. Once our gear was loaded and our cabin was cleaned, we fired up the van and embarked on our five-day journey. At around noontime we stopped at the scenic Snow Falls to combat some carsickness and devour our picnic lunch. We then hopped back in the van and ventured further towards New Hampshire. By mid-afternoon we had reached the White Mountain National Forest and checked into our palatial campsite at the infamous Dolly Copp campground. After camp was set up, we took a jaunt to the Pinkham Notch Visitor Center at the base of Mount Washington to obtain a weather report for the remainder of the trip. We hoped to do a short climb to a scenic waterfall at the base of the trailhead, but we were deterred by a looming thunderstorm. We left Pinkham Notch as the storm hit and headed to a giant covered picnic area at Dolly Cop. While there, we enjoyed bacon, avocado cheese burgers and polished off our evening with the camper favorite-scrambled brownies. As the night came to a close,

we all shred our feelings regarding the coming days then enjoyed some quality tent time before bed.

Day 2

Our six AM wakeup call was met by some less than ideal weather so we decided to sleep in until eight and save our ascent of Mount Washington for another, brighter day. After enjoying an assortment of bagels, we hopped in the van with our daypacks and headed to the Glen Boulder trail. As we journeyed up the trail, we discovered it was quite the mountain and a great warm up for Washington. One hiker was significantly impressed with the strength and determination of our group. The most challenging part of the hike proved to be the portion above tree line that required a serious amount of bouldering. Despite the challenge the hike provided, the sense of accomplishment was unbeatable. At the top we made lunch and enjoyed the views, then chose to head back down for some swimming. As we trekked back to Dolly Copp, we stopped at a great swimming hole to hose off. When we returned, we enjoyed some downtime then hoovered burritos for dinner. We capped off the evening with s'mores and circle time, then went to bed early in order to rest up for the hike up Washington!

Day 3

This morning we woke up bright and early to climb Mount Washington. We enjoyed decadent breakfast sandwiches then hopped in the van with our daypacks. We hopped on the trail by seven a.m., ready to sink our teeth into what the mountain had in store for us. The climb up was physically and mentally challenging, but we managed to make it enjoyable by conversing with each other and stopping for breaks at



interesting spots. After five hours of strenuous climbing, we reached the summit with an overwhelming sense of accomplishment. While at the top we snapped a few pictures, enjoyed some lunch, and basked in the glory shed on us by numerous visitors who were truly impressed with what we had just done. After lunch we inhaled some well-deserved candy bars, then began our journey back down the mountain. As we descended, our sense of determination allowed us to complete the hike in less than four hours. When we returned to the van, we were exhausted but extremely proud of what we had accomplished. Back at the campsite we indulged in fajitas, then hit the hay early after our big climb.

Day 4

After our big day yesterday, we decided to sleep in this morning and enjoy some leisurely downtime. Breakfast was comprised of the cabin's favorite meal of s&m pancakes. After we had all stuffed ourselves with this sweet excuse of a breakfast, we hopped in our swimsuits and traveled to the notorious Emerald Pools. Unfortunately, we were deterred by a rainstorm but grabbed lunch, hopped on the trail, and did our best to make up for lost time. When we reached the pools, we enjoyed our lunches then plunged into the icy cold pools. The afternoon was spent jumping off rocks and wading into the beautiful green pools. When we decided the temperatures had gotten too extreme, we hiked back to the vans and hightailed it to Dolly Copp. While back at the campsite we hung around, played some games, and then made delicious backcountry pizzas. After inhaling dinner, we enjoyed a ridiculous amount of s'mores and

discussed the trip overall. We all headed to bed with feelings of sadness regarding the end of the trip.

Day 5

This morning we awoke to the sounds of rain on our tents. We decided to sleep in, then packed up camp while enjoying a trail breakfast of oatmeal. Once camp was disassembled, we loaded the vans and headed back to Pinkham Notch. We hiked up to the Crystal Cascades and took some great pictures, then hopped back in the vans for the journey back to camp. On our way back into Maine, we stopped for a delicious lunch, detoured to Round Top for some well-deserved ice cream, then returned to Wavus. Overall the trip was a terrific success and the memories will hopefully last longer than our sore muscles!



Omaha

HBC: Carly Shea

JC: Julia Welter

JC: Genna Spears

July 29- 31: Bigelow Mountains

Day 1

After a hearty breakfast at Wavus, the Omaha cabin said goodbye to their friends and hit the road! The two-hour drive to the Bigelow Mountains flew by as the girls danced and sang the entire way. When we arrived at the Round Barn campsite, we unloaded the trailer and set up tents. We had turkey and cheese sandwiches for lunch with carrots and fruit. The Omaha girls played rounds of "Psychiatrist" and "Zoo" as they ate. We then had a quick rest hour in our tents. Afterwards the girls took a quick dip in the lake that was adjacent to our campsite. We made breakfast for dinner consisting of eggs, hash browns and pancakes. After cleaning up from dinner, the girls all piled into the van for a mystery ride. The surprise was a "Moose Safari" at dusk. Although we did not see any moose, the girls had fun dancing and singing in the van!

Day 2

The Omaha girls woke up early to start packing for our big day of hiking! After having toasted bagels and cream cheese for breakfast, we headed to Burnt Mountain. We picked up Henry Kennedy and his dogs Stanley and Ebby who were joining us on the hike. The two-hour hike went by smoothly with the girls singing and playing games for the majority of the hike. At the summit we stopped for pictures and had a picnic lunch overlooking the Carrabasset valley. For dinner that night we had pita pizza and s'mores before bed!

Day 3

On our final day on trip we woke up to have oatmeal and berries for breakfast. We packed up our campsite and hit the road again for Ranglely. We spent the day at Smalls Falls jumping into waterfalls and sliding down the natural waterslides. We had a picnic lunch together and then headed back to Wavus with a pit stop at J-Scoop along the way! The girls were sad to leave the trip, but ready to head out in a few days for the St. Croix!

August 4-9: St Croix

Day 1

We woke up to the sun shining at 5 a.m. We brought our stuff down to the trailer and loaded up our gear. We had bagels and cream cheese before we hit the road. The ride up took us about four hours while we rested and listened to soft playing music. We arrived at our put-in, unloaded the canoes and gear, got on the river and started our journey down the St. Croix River. After paddling 8 miles to our first campsite we set up camp, made some dinner and for dessert we made s'mores. Needless to say, we were exhausted and had a big day ahead of us so we hit the hay.

Day 2

Omaha cabin arose on the earlier side at 5 a.m. We continued our journey after packing up camp and having some breakfast. It was more of a challenging day for us because we were having some strong head winds. After paddling for a few hours, we stopped at the Narrows campsite and rested and had lunch to prepare for the wind ahead of us. We continued on but had some trouble with the wind so we stopped a few more times to let our arms take a break. After an exhausting 11-hour paddle that should have taken



us less time, we arrived at Indian Point. That night we fell asleep to the sounds of the wind howling like no other.

Day 3

We woke up to an easier day of paddling ahead of us. We made it into Vanceboro where we did our portage around the dam. This was the first day we were on the river after two days of lake paddling. The girls were a little nervous about what it would be like to river paddle but they caught on very quickly and fell in love with river paddling. We made it to Little Falls at lunch time where we had turkey and cheese sandwiches. We set up camp and had fun watching Carly, Julia and Genna run the canoes down Little Falls which is a Class three rapid. After dinner and damper, we brushed our teeth and fell sound asleep.

Day 4

We woke up at 7 a.m., packed up camp, ate some breakfast and got back on the river. Today's paddle had some rapids and slow river paddling. It was a beautiful day out so we soaked up the rays and sang along to "Call Me Maybe." We made it to our campsite around lunch time, so we set up camp rather quickly and had some lunch. After lunch we went swimming to cool ourselves off from the heat. Later, after just hanging out at our campsite, we had some dinner, some cabin laughs and hit the sack.

Day 5

6 AM the alarm went off and we started packing up camp and got ready



for the paddle ahead of us. Today was the day that we would hit Canoes Ledges. We portaged the gear around the falls and ran the canoes empty and reloaded back up at the bottom. After portaging the rest of our paddle was pretty slow in slow-moving river water. To pass the time we just sung some mainstream songs that the girls knew and, before we knew it, we were at our final campsite. We unpacked our canoes and set up camp one last time. We indulged in some delicious lunch, did a little swimming and a quiet rest hour. That night we had Dank for dinner and s'mores for dessert. We enjoyed the last night on trip together around the fire, then went to bed.

Day 6

In the morning when we awoke from our tents, we looked out to the river and noticed a thick fog that was absolutely breath taking. We packed up camp for the last time and hit the river. Our paddle took a little over an hour to make it to our take-out spot, but the fog was an experience to paddle through. We arrived at our take-out spot and waited for Henry to pick us up. Henry arrived a little after lunch and when he got there, we greeted him with hugs and cheers. We loaded the canoes and gear and jumped in the bus and started our journey back to Wavus to tell stories about our trip.



Ojibway

HBC: Aimee St. Germain

JC: Marge Tucker

JC: Poppy Doolan

August 1-3: Bigelow Mountains

Day 1

Our trip began by setting up our campsite on Flagstaff Lake. After the tents were set up and our sandwiches, apples, and peanut butter were eaten, we took a short drive to Sugarloaf Mountain. We hiked up some of the Access Road, as well as parts of two ski trails, and explored the base of the mountain. Upon arriving at the campsite, we began to make pepperoni and vegetable pizzas after demonstrating how to use the Coleman stove. After dinner, the girls played games, did laughing yoga, and enjoyed Oreos. Ojibway then spent their first night together in the tents.

Day 2

The second day of our trip began with a 6 a.m. wake-up. After the daypacks were packed and the bagels were eaten, we walked half a mile to the trailhead. The girls were ready to go from the beginning of the hike, singing and conversing their way up the mountain. We stopped slightly short of Avery Peak because of the weather. The girls were proud of how far they had made it and wished they could make their way to the summit, but decided it was the "Ojibway Summit" since we were above tree line and there was still an amazing view. On the way down, the girls kept their spirits up despite getting tired, still singing camp songs and telling each other stories. Back at the campsite, we made pesto pasta with chicken, and even the ones who did not know what pesto was loved the meal. We spent time around the fire during

the evening, singing songs, playing games, reading, and eating s'mores.

Day 3

On day three, we ate oatmeal and packed up the campsite practicing Leave No Trace principles. We then headed to Smalls Falls in Madrid, Maine. There, we explored the falls, walking up a trail with big roots on the side. After eating lunch together at a picnic table, we walked part of the way back up the falls and went swimming. The girls enjoyed jumping and sliding off of rocks and standing close to the water as it poured down on them. Once they were done swimming, we drove back to Wavus, stopping at Jefferson Scoop for ice cream along the way.

August 10-15: St. Croix

Day 1: Lac Spednic Lake

Tired from the 5:45 a.m. wake up call, we all spent the morning sleeping in the van. Around 11:00 we arrived to our put-in on Lac Spednic Lake. It only took us an hour to paddle to our supposed campsite on Birch Island, where we stopped for lunch. The girls were eager to continue canoeing so we got a big head start on day two and paddled 7 miles! It was not perfect weather, but the lake was fairly flat and our cabin was optimistic. Everyone was exhausted by the time we arrived at our campsite - but all the signs of exhaustion disappeared as we finished the mac 'n cheese dinner and scrambled brownie dessert!

Day 2: "The Narrows"

Thank goodness for the head start we had yesterday because we woke up this morning to rain pattering on our tents! Perfect for sleeping in a little longer. Eventually (after a nice egg and bacon breakfast) Ojibway paddled a couple miles through some wind and



rough water to our next campsite, The Narrows. It was a little rainy, but the site was alive with Go Fish (Ojibway's favorite game) and lots of singing.

Day 3: Little Falls

We had an early wake up at 4:30 a.m. and had a delicious bagel breakfast. We packed up camp and headed out on a flat and foggy lake. After 3.5 miles of peaceful paddling, we took our canoes out at the Vanceboro Dam and loaded them onto a very helpful man's truck. He dropped us off just down the road where we put-in. RIVER PADDLING HAD ARRIVED! We zoomed through many rapids and successfully made it to Little Falls at lunchtime. We set up camp while our counselors ran our six canoes down Little Falls Rapids. Turkey and cheese pitas filled our bellies before we went for a swim. Soon after, the heavens opened and it started POURING. We retreated to our tents for an extended rest hour. We emerged at dinner and huddled under a tarp while we ate fajitas. We ate a dessert of candy and fell asleep to the pitter-patter of rain on our tents.

Day 4: Loon Bay

We woke up to a soggy campsite and booked it out of there with oatmeal in our bellies and hopes and dreams of sunshine. We did some awesome rapids and cheered as the sun came out and lifted our spirits. We got to the Loon Bay campsite at lunchtime and ate PB & Js before swimming and soaking up the sun. Our afternoon was full of card playing and reading. At dinnertime, we made pizzas with pepperoni and veggies, followed by a dessert of s'mores by the fire. We called it a night as the skies remained clear.

Day 5: Egg Point

Day 5 of our trip began with picking up the campsite, eating oatmeal, and

venturing on our way. With sunny skies and warm weather, we were eager to head down the river. Soon after our start, Canoose Ledges came, where the counselors ran the rapids while the girls looked on. After some smaller rapids, there was marshland along the river and more paddling was necessary to get to our destination. Once we arrived at Egg Point, we set up our tents and enjoyed sandwiches including nutella, peanut butter, and jelly. We hopped in the river after lunch, floating along by the campsite with our lifejackets on. Excitement came when an old turtle wondered upon our site. After taking pictures and watching the curious turtle swim around, Go Fish was played and firewood collected. A dinner of pasta with chicken and veggies was enjoyed before the girls cooked stick bread over the fire. Warm apples with cinnamon and brown sugar were then eaten as the girls pretended they were creating a movie. The evening ended with a beautiful sunset as the Ojibway cabin headed to their tents on their last night of trip.

Day 6

As soon as the girls woke up this morning, a race ensued packing tents and boundary bags to win the first pancakes. Once the delicious pancakes were all eaten, two miles of lake paddling followed. With the sun shining down on the calm waters, we had a pleasant last stretch of our paddle. Once we went down the artificial channel, we took out right before the dam, organized our belongings, and relaxed by playing cards and reading until our ride arrived. After loading the canoes and everything else, we were ready to make our way back to Wavus!

Shawnee

HBC: Katie Paige

JC: Casey Sutton

JC: Kat Geppert

July 26-27: Damariscotta Lake

Day 1

This morning we woke up and went to breakfast at Jewell, and then we went down to the canoeing dock to load our canoes for our adventure! We made great time, and arrived to the island before lunch. It took us a little bit of time to find the campsite, but after a bit of exploring, we found it! We enjoyed a lunch of delicious peanut butter, jelly, and honey. After lunch, we took a bit of a nap, and then paddled over to Kieve, to climb on their rock wall. Everyone did a great job challenging themselves on the rock wall, with all of the girls getting to the top of at least one climb! After we got tired of climbing, we went swimming off the docks. After we returned to the campsite, we read some of the Hunger Games. Then we gathered kindling, and started a fire for dinner. We cooked our burgers over the fire, and they were delicious! Cheeseburgers or veggieburgers with tomato - yum. For dessert, we had s'mores, and played Mafia, then we went to bed.

Day 2

Today we got an early start, hoping to avoid the winds of Damariscotta Lake. We took down tents and had bagels with cream cheese or peanut butter, and blueberries and raspberries. After breakfast, we loaded our canoes and headed north. It only took us a little over an hour and a half to return to Wavus. Since we got back early, we went on a second expedition! We went to an island in the north part of the lake, and enjoyed a lunch of grilled cheese

and tomato soup, which was perfect for the overcast day. After lunch, we paddled to J-Scoop! We had delicious ice cream, then leisurely canoed back to Wavus. When we got back, we practiced some t-rescues at the canoe dock. Then, we returned to our cabin to unpack!

July 31-August 5: Baxter State Park

Day 1

This morning we woke up, finished up some last minute packing, and then went to flag and breakfast at the Jewell. Then, we piled into the white van (our new home for the next few days), and started our journey to Baxter State Park. After many miles on the highway, we finally reached a rest stop, where we had turkey and cheese sandwiches, as well as grapes and gorp. We drove and drove until we reached our campsite, Katahdin Stream. We unloaded the van and the trailer, set up our tents and organized dinner - cheeseburgers with avocado and tomatoes! After dinner, we cleaned up our campsite and put all the food and dishes back into the van, as per a suggestion by the local park ranger, so that we wouldn't get eaten by bears!

Day 2

We woke up fairly early this morning and had some yogurt, cereal and granola. Then we jumped in the van and headed to the base of OJI. It was a pretty steep climb for our first day, including some intense bouldering. However, we made it to the top around 10:30 with only a few stops and minor complaints. We enjoyed the scenery at the top, as well as some gorp! Then, after some photo-ops, we headed back down the mountain. Going down was a bit trickier, because of the bouldering, but we made it down safely. When

we got back to the van, we had lunch: wraps with hummus, tomato, avocado, and carrots. After lunch, the counselors surprised the girls with oreos! It was nice in the grass at Foster Field, but we decided to pack up and head back for naps at our campsite. When we got back, everyone took some time to nap, wash off in the stream, or make shelters/forts in the woods. Then we made pizzas over the campfire! They were delicious. Of course, we had to have some s'mores for dessert, so the fire didn't go to waste!

Day 3

Another early start this morning. We had a filling breakfast of oatmeal, and left for the base of Doubletop. It was another steep climb, and although it didn't have the bouldering of OJI, it took us about the same amount of time as our hike the day before. We hung out at the top for a while, taking in the glorious views and watching the clouds move quickly by. We enjoyed PB&J at the top, and then headed back down the mountain. We got to the bottom of Doubletop in great time; the girls did an awesome job. As a reward, we took a trip to the natural waterslides on our way home. We arrived to find Ledge Falls fairly crowded, but we had an amazing time. We frolicked in the water for a while, and then dried off in the sun before loading back into the van. Once we got back to our campsite, we had some pesto pasta for dinner, and then went to bed early to prepare for an even earlier morning tomorrow.

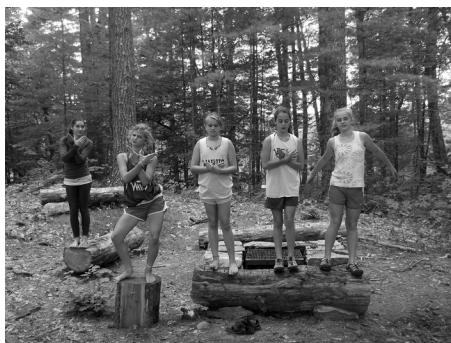
Day 4

This morning we got a very early start, 4:30 a.m., so that we could hike KATAHDIN! We had bagels for breakfast, and then hit the trails. The first mile flew by, and we got to the

Katahdin Stream waterfall in only 30 minutes. However, this pace didn't last long. We started to hit the steeper, wooded part of the trail, and soon after that we came upon the notorious bouldering portion of the Hunt Trail. We climbed rock after rock, hitting several false summits. Some climbers already on their way down reassured us that we were indeed getting closer to Baxter Peak. We finally reached the flatter, rocky plains of the top of the mountain, and sure enjoy, there was the summit of Katahdin! We couldn't believe that we had made it. We took in the extraordinary views and enjoyed Milky Ways as we took pictures of the summit. Then, finally, it was time to head back down the mountain. Reverse bouldering was tricky, but we found a nice lunch spot and enjoyed some pep and cheese pitas. Recharged and motivated by some ominous clouds (which ended up clearing out), we headed down the rest of the mountain. We were so happy once we reached the base of the mountain. We soaked our sore feet and washed off scrapes and blisters in the stream. Then we read Hunger Games aloud and ate quesadillas with rice. Hot cocoa and Lorna Doones came after dinner, followed by a good night's sleep!

Day 5

We enjoyed a much deserved sleep in this morning, and woke up at 7:30. We enjoyed some S&M pancakes, and then got ready for our morning hike. We started towards the Roaring Brook campsite so we could hike South Turner, but at Abol Campsite there was a sign saying that the parking lot was full! So, we headed back to Kidney Pond to hike Sentinel Mountain by recommendation of the Abol ranger. We started the hike, but about 3/4



of the way up, some campers ran out of water, and since it was hot, we headed back down the mountain and decided to continue around the Kidney Pond trail loop. We refilled our water bottles, and ate PB&J pitas on the side of the trail. The trail got a little sketchy at points, and we had to do some river crossing, bush whacking and orienteering. However, we made it back safely, and piled into the van for another trip to the water slides. After, we went back to camp to start packing up and enjoy some delicious macaroni and cheese, which Kat and Casey made over the campfire. For dessert, we had scrambled brownies. We had a great last night, laughing and reading the Hunger Games together.

Day 6

Even though we were going back to Wavus today, we decided to do one last hike, to enjoy Baxter one last time. After breakfast, we headed to the Dacey Pond Nature Trail, a short trail around a nearby pond. There were some spectacular views of many of the mountains we had climbed, including Katahdin. It didn't take us very long to complete the loop, so we also hiked a bit down the AT to check out Little Niagara Falls. The falls were beautiful, and we sat on the rocks next to the falls while we took in the scenery around us. Eventually, it was time to head back to camp. We packed up the van and trailer and piled in. We made a couple of stops for gas, coffee and lunch, before we made it to Round Top Ice Cream for our last hurrah before the end of trip! Then, we headed back to Wavus, and pulled in with the music blasting and the horn blaring. It was such a fun trip, and we all had an amazing time together!!

Abenaki

HBC: Katie Danz

JC: Elyse Curtis

JC: Francke Wurzelbacher

July 30-31: Damariscotta Lake

Day 1

Our Primer was to Cool Island, the new land Kieve bought on Damariscotta Lake. We left on the 30th right after breakfast. We packed up our canoes and traveled two hours to the island. After we ate sandwiches and set up the tents, we canoed over to Kieve to use their rock wall and swim off their docks. The girls loved the rock wall and we stayed there for two hours. A group from Wavus joined us as an afternoon activity. After swimming, we went back over to Cool Island and cooked dinner. That night we ate pasta with chicken and pesto or red sauce. For dessert we had s'mores around a campfire and went to bed.

Day 2

In the morning the girls all woke up at 7:30 and took down their tents and packed up their bags by the time us counselors got up at 8:30. We were so impressed that they took the initiative. We had lunch for breakfast and breakfast for lunch. We had sandwiches for breakfast and then canoed off back towards camp. We got back pretty early and wanted to extend our trip a bit. So instead of simply going back to camp, we went to Treasure Island and made lunch. For lunch we had S&M pancakes. We had been planning on going to J-Scoop after lunch, but the wind picked up and we knew we wouldn't be able to make the trip. We couldn't even make it back to camp because the wind was blowing so hard. Julie had to come pick us up in the motorboat and tow our canoes back

to camp. The trip was a great success, even with the wind, and we can't wait for our trip to Baxter!

August 6-11: Baxter State Park

Day 1

Anticipating the week ahead in Baxter State Park, our cabin woke up at 7:00 in the morning to finish packing last minute things for our trip. We then took our boundary bags down to Jewell and had a big breakfast of waffles, sausage, yogurt and fruit - needless to say, we stuffed ourselves for the days ahead. Breakfast ended with an announcement of our trip, made by Kalea and, before we knew it, we left camp for our 5-hour drive. Although the drive was long, we jammed out to music the whole way up. We were starving when we got there, so we unloaded the trailer and made sandwiches. To pass the time until dinner we told funny stories and set up our tents. We had a yummy dinner of pasta and pesto. Then Katie, Francke, and Elyse told us we were hiking Katahdin the following day! Eagerly, we packed our backpacks and lunches and put them in the van. Being aware of our 3:45 AM wake-up call, we all hit the sack pretty early, wondering of the adventures tomorrow would bring.

Day 2

On day two of our Baxter trip we woke up at 3:30 in the morning. All we had to do was hop right in the van and we had breakfast consisting of Pop Tarts once we got there. Everyone was exhausted but super excited to climb Katahdin! As we signed ourselves in at the trailhead at 5:30, the weather started to warm up so we were able to take off our many layers of fleeces and sweats. After a mile of hiking Hunt

Trail, we came to what seemed to be like an endless flight of stairs leading to the next part of the trail. Everyone was tired after those stairs, but we were still determined to reach the top! After another mile or so of hiking, we reached the tree line and began to boulder, which was interesting, fun, and challenging. After that, we reached the summit by 11:30, which was an amazing accomplishment. Almost a mile high and six hours later, we were able to look down and see what we climbed. We had lunch at the top and started our descent around 12:00. Coming down was a lot harder than going up because we had to be careful not to slip and fall on the boulders. We reached the bottom by 6:00, had Milky Way bars, rested our bodies, returned to camp and started dinner. We had a delicious dinner of hamburgers and hot dogs and went to bed.

Day 3

We started the day by waking up at 9:30 AM, which felt a lot better than waking up at 3:30. The counselors started making breakfast - eggs and bacon! After we ate, we started packing for the day which was going to the water slides. Driving there, everyone was excited to get a taste of the fresh mountain water. When we got there, everyone immediately got in the water and went down the first of many slides. There were three separate slides with pools of water and slippery rocks you can slide on. After trying out each slide, we all decided that the first and second were our favorites. We took a break for lunch after a few hours of sliding and once we were stuffed, we quickly got back in the water. We left around 5:00 PM and returned to the campsite, where we began cooking and did some yoga with Francke. For dinner we had



fajitas with chicken, rice, and snow peas with peppers and onions. We all ate around the fire, which was made by Kalea and Holly. After our wonderful day, we were all very tired so we went to our tents pretty early.

Day 4

This morning we got to wake up at 7:00 AM, hearing the rain pour down on the tent. We waited an hour or so for the rain to stop, and once it did we got out of the tent and ate breakfast, which consisted of Honey Bunches of Oats, in the lean-to. Once we finished we hopped into the van and went to hike Sentinel Mountain. It was a nice hike; however, halfway through two of our cabin-mates got a weird itch, so we decided to turn back and head to the water slides. After a few runs of the rapids, everyone felt better! We stayed for a few hours and once we were all tired out, we headed back to the campsite where we played football, soccer, and monkey in the middle. A couple of girls made a great fire that we ate dinner around, which was chicken, rice, veggies, and sweet potatoes. We had our first dessert on trip: s'mores. When it was time to go to bed, it was pitch black and we all fell asleep to the sound of rain once again.

Day 5

Today we woke up at 7:00 AM and had oatmeal and hot chocolate for breakfast. Since we had to move campsites, we quickly packed our boundary bags up and broke down camp. Our new campsite was really close to our original one and it was just as nice! We arrived and unpacked everything, set up our tents again, and decided to hike Big Niagara Falls despite the overcast, drizzling weather that we were having. It was a quick hike with a really cool waterfall. We

stayed at the top for a half hour or so and had a lot of fun. After the falls, we thought it would be fun to go to the waterslides since it was raining, the water was so cold! Soon after we went back to the campsite and played soccer. For dinner we had dank. There was so much left over that we gave it to our neighboring campsite friends. Our counselors made us scrambled brownies for dessert, which were so good! We settled our stomachs and quickly went to sleep.

Day 6

We woke up again around 7:00 AM and broke down camp and packed our bags right away. Once we were done, we all gathered around for breakfast, which was S&M pancakes made by Katie, our HBC. After that we played soccer with a friend that we met at the campsite next to ours. Once we were done playing and did a final sweep of the campsite, we made our way over to the Ranger Station, where we met with Ranger Dan and did some community service by cleaning fire pits. Once we cleaned about twenty fire pits, we were on the road, on our way back to Wavus. It was raining almost the whole way, but four hours later we arrived at Panera for lunch, followed by a stop at J-Scoop for some ice cream. We got back to Wavus an hour later, unloaded the van, and washed it. Later we had a nice Wav dinner and got back to the cabin where we opened all of our mail. We were all excited to sleep in our cozy beds and got a great night's rest!



A.T. Sea I

HBC: Sommers Kline

JC: Megan Stroud

JC: Toni Hall

July 26: Sea Kayaking Primer

We packed up our kayaks after breakfast and put them out on the lake. Many of us had never been in a kayak before so we experimented with the steering pedals and paddles. We kayaked to a nearby island, which was surprisingly quick, and stopped for an early lunch. Then we kayaked to J-Scoop, an ice cream shop, and stopped for ice cream. On our way back it started to rain so we paddled back as quickly as we could. Once we got back to Wavus, it was mid-afternoon and we practiced capsizing and righting our boats in preparation for the trip. We did not understand how to right them at first and had a lot of fun trying to flip them over and falling in the water all over again. Eventually we learned and were adequately prepared for our trip.

July 28: Hiking Primer

We left after breakfast for the Camden Hills. After lunch we started out on our hike. We hiked with our backpacking packs today to get used to the feeling before we left on our big trip. It was a good taste of what's to come and we are all excited to get out on trail.

August 1-11: Muscongus Bay Sea Kayaking and Bigelow Mountains Day 1

We left Wavus at 10:30 a.m. to start our paddle to Damariscotta Mills area. The weather was pleasant as we paddled. By noontime we had made it to Kieve, but continued on to Spectacle Island for lunch and a little time to rest before we started towards the end of the

lake. At 4:00 we arrived at the transfer location, which required an immense amount of bushwhacking to get to, and loaded up the boats and gear and drove to Bremen. At Bremen we got our boats in the water and kayaked to the south side campsite which took about an hour because of strong headwinds and rough water. When we arrived, we had the kids set up the tents while Sommers cooked dinner and Toni and Megan walked to fill up a water jug. After a dinner of quesadillas, everyone went to bed.

Day 2

We woke up at 6 a.m. to break camp and made a breakfast of chocolate chip pancakes to start our day. By 8 a.m. there was still a lot of fog and visibility was bad, so we went on a hike to get water in all of our water bottles. When we returned, the fog had gotten worse so we stayed and ate lunch on Hog Island. By dinner there was still little visibility due to fog and we ended up staying on Hog a second night. Even though the fog prevented us from getting a good day of kayaking in, we had fun doing yoga and scrambling around on the rocks.

Day 3

Up at 4:30 for a sunrise paddle only to find dense fog once again and visibility severely limited. We broke down camp and made oatmeal, wondering what would become of us if the fog never lifted. We decided to paddle around Hog Island, that way if the fog broke, we could go straight to the next island. We paddled around, stopping to get water on the other side of the island. By the time we stopped, the sun was starting to break through the fog. We hung out on Hog for a little while, jumping off the porch into the freezing water and enjoying sunlight. Then we

headed off to Thief, making it there in about two hours. We stopped and ate lunch there exploring the island and going swimming. We decided we would try to make it to Otter Island that afternoon and get back on track. When we left Thief, it was a little windy, but by the time we made it past Jones' Garden, it was getting stormy and the swells were huge. We headed back to Thief and spent the night there. There was a small thunderstorm and a beautiful sunset with a reddish moon just over the horizon.

Day 4

We awoke to find a beautiful morning, sun shining and glassy water. We packed up and paddled around Cow and Bremen, landing on Ames. We pulled up and hung out for a while, swimming and reading. We kayaked around the cove and the island later that afternoon, finding water on a nearby float and having seaweed fights. Then we came back and explored the island and swam around the cove. We spent the rest of the day making up songs and skits and finished off the night with s'mores.

Day 5

We awoke on day 5 to thick fog and heavy winds. We waited a few hours to see if the fog would clear up but when it didn't, we decided to head out. We stayed in a pack close together but were paddling for a good 30 minutes without land in sight. When we reached land (Bremen Long Island) we pulled over for lunch and hoped the wind would die down. The wind never did, but we got out there anyways and stayed close to the coastline. We followed the coast all the way around Bremen Long Island and across the mainland without ever straying more than 30 feet from the coast. We finally made it to Bremen

landing and stopped for a bit. We ran into Henry Kennedy who suggested we stay on Bremen landing that night instead of going to Hog Island. We happily agreed and stayed in yurts (basically giant tents). We built a nice fire and made fiesta rice. All the girls stayed in one yurt together. It was a very relaxing night—a great way to end the kayaking portion of the trip.

Day 6

We awoke early to organize our things for the resupply and eat a quick breakfast of cereal. Kate came around 7 with our resupply stuff. We got a treat of Dunkin Donuts munchkins and apples. Then we packed in the van and drove to the AT. We greeted the other AT Sea cabin at the trailhead and traded stories, as well as supplies. Then we ate a quick lunch, packed up our backpacks and took off on our hike. It only took a little over an hour to get to our campsite where we met another girls' camp and set up camp. We spent the evening talking with the other camp and eating tons of macaroni and cheese. We were all happy to be carrying backpacks instead of packing up kayaks and excited to begin our adventure on the AT!

Day 7

We awoke early in the morning and packed our things into our hiking backpacks, considerably easier than packing the kayaks. We filtered water from the stream into our water bottles before leaving. Then we headed out for our hike. The hike was 3.2 miles almost entirely uphill. At times it was hard, especially getting used to the heavy backpacks, but overall it was a pretty easy day. We stopped at two viewpoints for a while and made it to our campsite by 3. We set up camp, played in the pond and then made



quesadillas for dinner. Overall it was a great first day of hiking.

Day 8

We got up early today and started on the hike. There was a steep climb at first with a small view of what we had climbed the day before. We stopped for a moment but pushed on, hoping to get on West Peak for lunch. We got pretty hungry about halfway up West Peak and stopped for lunch. We made it to West Peak around one. There was a beautiful view so we stuck around for a little bit, but were eager to get on with the hike. It was a steep climb down and up again but we finally made it to Avery Peak. It was a much less exciting peak than West Peak but still nice. We ran into a few thru hikers we'd seen at our last campsite and chatted for a while. Then we hiked downhill. It was about 2 miles downhill but felt much longer. There was a long side trail into our campsite and had several bear notices. The campsite felt very isolated and even creepier because of the potential bear in the area. There was couple and a father and son at the campsite, too. We hung high bear bags and ate dinner far away from our tents.

Day 9

We had a late morning trying to get our tents together. We had a box of honey bunches for breakfast that morning but it didn't prove to be enough food to fill us all up. It began raining when we were just about to leave and Megan started a somber a cappella group, then we started out. We had a steep slope upward. When we made it to the first Little Bigelow peak we stopped for lunch. It was a nice view, the first that we couldn't see Sugarloaf, which was nice. After lunch we continued hiking across the top of Little Bigelow. When we made

it to the final peak, it started raining a lot. We made it to our campsite a few hours later, drenched, to find a full lean to. We changed into dry clothes, set up our tents and finally the rain stopped. We ate fiesta rice and scrambled brownies for dinner. By the time we got in our tents for bed, the rain had started again.

Day 10

We packed up pretty slowly and left our campsite around 9. The day felt long from the beginning and it rained lightly all morning. We stopped on the side of the trail for a quick lunch and then kept going. In the early afternoon it started raining really hard. We still had to hike a few more hours to our campsite. When we made it to the campsite, we put up our tents really quickly and everyone got in. We had pancakes and chocolate for dinner, served to each of us in our tents. We went to bed early and the rain didn't let up all night.

Day 11

We woke up at 4:30 to pack up our campsite. We had to hike 6 miles. It ended up taking us about an hour to pack up our campsite and about three and a half hours to hike. We got there two hours before the van was coming and just hung out. When the van came, we all cheered and stopped at Subway and an ice cream shop on our way back to Wavus.



A.T. Sea II

HBC: Christine Reighley

JC: Taylor Keefe

JC: Molly Brigan

July 26: Hiking Primer

This was a great day all around. It was an opportunity for each girl to show her strengths and get a feel for what it's like to have a full backpack. We fitted the girls with backpacks and made lunches before heading out to Camden Hills for the day. We arrived at the base of Mt. Megunticook by eleven in the morning, put our packs on, and set foot on the trail. By noon we had made it to the summit, then went to the ocean overlook to enjoy some GORP and sandwiches. After we got time for our legs and hips to relax, we reloaded the packs to our backs and prepared for the descent. The girls told stories, sang songs, and shared riddles to pass the time. We headed back in the van just in time to clean up and catch general swim!

July 28: Sea Kayaking Primer

Today was a great day for the girls. We had breakfast at Wavus, then gathered gear and lunch before we set off on Damariscotta Lake. We paired the girls with partners and loaded the kayaks at the aqua zip dock. The girls were astonishingly good at paddling and we made it to Treasure Island in record time. We rafted up there and enjoyed a quick snack. It wasn't long after that we were paddling under the Damariscotta Bridge. The spirits were joyful and enthusiastic as the girls were getting their first taste of what our trip would be like. We pulled our kayaks around by the store and unloaded. The girls jumped off the bridge into the water; some more than others. After

our swim, we prepared sandwiches and played cards. Then we walked to J-scoop and enjoyed some well-deserved ice cream. We got back in the kayaks and headed back towards Wavus, singing and laughing the whole way home. It was a quick day trip, but a nice preview for what is to come!

August 1-11: Bigelow Mountains and Muscongus Bay Sea Kayaking

Day 1: Emily Talepy

Today the van dropped us off and we began our journey on the Appalachian Trail. We hiked 5.8 miles in four hours. For dinner we had hamburgers around a fire at the West Cary Lean-to. We met some hikers that were southbound on the trail who shared stories with us. After that we filtered water from the lake for our water bottles. Then we got ready for bed and the big seven mile hike tomorrow.

Day 2: Charlotte

We woke up at 6:30 at West Cary Pond Lean-to and feasted on a breakfast of bagels and cream cheese. We began hiking and soon we had gone up and over Round Top Mountain. We stopped half way down and had lunch. It was pitas with humus, tomatoes, cheese, and cucumbers. Although our stomachs were full, our hiking day was not. We conquered Flagstaff Mountain and soon after we were rounding Flagstaff Lake. We crossed a few roads and people were beginning to get tired. To get to the lean-to we had to go up one mile of Little Bigelow Mountain. The day's theme was energy and we could use all we could get. We seemed to hike for hours, but our counselors pushed us ahead. We finally got to the campsite. There were these baths of water that were freezing cold, but also had little waterfalls. We went

swimming and the water was very refreshing. For dinner, we had fajitas and after we prepared for a long day tomorrow.

Day 3: Edie

Today we hiked Little Bigelow. The whole trip was about 4.9 miles. Our journey started mostly uphill to the top of Little Bigelow. The hike to the top was about 1.6 miles. The entire hike was challenging, but it was definitely a relief to get to the top. We ate hummus, pepperoni, cheese, and tortillas. This was our first big mountain that we summited, so the view was amazing. Today was hot and HUMID. We played Presidents, a game Christine taught us. From the top of Little Bigelow, we saw Sugarloaf, and Avery Mountain. It was nice to take our packs off at Safford Notch, our campsite. We had pizza and s'mores, which was the best night ever on the trip so far. The campsite was mostly downhill, which made sleeping awkward. Overall I had a great day!

Day 4: Natalie

Today we hiked up Avery Peak and West Peak and then Horns Peak. It was very hot and very challenging. We did a lot of uphill and climbed several rocks. It was a steep downhill, but swimming in the pond at the Horns Pond campsite was very rewarding. Avery Peak had a really pretty view and we took lots of pictures! We had sandwiches for lunch and pesto pasta for dinner. We accomplished a lot of hard climbing today!

Day 5: Nicky

Today we started off the day with S&M pancakes. Yum!! The theme was appreciation because the end of our hiking trip was nearing and as a cabin we really should be appreciating our surroundings (as in beautiful views), fantastic weather, and each other. Today

was a short hike, mostly downhill (but we had a steep uphill at the start of the day). Once at camp, we all hung out and relaxed. We played sardines in a can, BS (bologna sandwich), read, gave massages, and prepared skits for a talent show (that we were holding that night). For lunch we had pepperoni and cheese tortillas. There was another camper at our campsite who began in Georgia named "Nutter Butter." We chatted with her for a while and shared stories about her journeys as a young hiker. She ran into a twelve-year-old on the trail named Sunshine who is also hiking the Appalachian Trail, did the Pacific Crest trail last summer, and plans to do the Continental Divide trail next summer. Overall the day was a relaxing last day on the AT.

Day 6: Lily

We woke up and started the day with our shortest hike yet - two miles that were mainly downhill. Our last day of hiking concluded at the Maine Highway 27 where we met AT Sea I and started the car ride to SEA KAYAKING!! After a delicious lunch at Panera Bread, we went to Bremen and started kayaking. We did a quick paddle to Hog Island, though ended up switching campsites and sleeping in the Fish House. The day finished with s'mores and a little bit of reading.

Day 7: Kate

Since we had a tough hike, we got to sleep in the fish house on Hog Island and have a late breakfast! We had yummy breakfast sandwiches that the counselors made for us. Then we set up our kayaks and set off to Thief Island. The wind was in our faces and it took about an hour and a half to get there. When we did we had a delicious lunch of sandwiches (hummus, turkey, cheese, lettuce and tomato) and we



hung out on the rocks and in the water because it was a beautiful day. Once the sun went down, it got much colder and we had a very salty dinner of wild rice, refried beans, chicken, and guacamole. Overall it was a great first day on the ocean.

Day 8: Emily Brown

Today we had granola and yogurt for breakfast. After all the kayaks were loaded, everyone got theirs into the water without too much trouble, but the last two kayaks had a hard time getting into the water. The waves kept flipping the kayaks over. In the end we all made it to the island in good time. Once we arrived at Otter Island, we sat around on rocks and relaxed. For lunch we had hummus and pitas with carrots and celery. After lunch we went cliff jumping and swimming, then we laid on the rocks some more until dinner. After hamburgers we played hide and seek, camouflage, and paranoid until it was time for dessert. We had dough boats filled with Oreos, peanut butter, and Nutella.

Day 9: Julia

We started the day with a short sleep-in and a delicious breakfast of S&M pancakes. At first, it looked a little foggy, but the fog soon cleared. We enjoyed a nice paddle through a channel near the town of Friendship to our campsite on Ames Island. We were able to fill up on fresh water, which was nice. Some took a nature walk around the peninsula and explored the gazebo, privies, and shelters that had been created. For dinner we had delicious pita pizzas and scrambled brownies for dessert. We all played a few rounds of mafia as a cabin. All in all it was a good day!

Day 10: Madison

Today we woke up to a delicious breakfast of bagels and cream cheese. We left for Bremen and paddled approximately two hours in heavy fog. When we arrived, we had some free time while waiting for lunch (potato latkes). We learned the card game "Egyptian rat slap." After lunch we went on a day paddle to Round Pond and had ice cream and penny candy. After a long day, we settled down and received trip bracelets made by the counselors. Dinner was a warming pasta dish to finish off a cold and dreary day. Overall it was a fun and well-deserved day!

Day 11: Martha

After a night in Bremen, we didn't have to paddle anywhere to be picked up and brought back to Damariscotta Lake. We were about twelve miles away from Wavus and, with the thought of cooked food besides cheese and pepperoni sandwiches, we paddled the long distance in an impressive three hours. Overall the day was a great success with a huge amount of motivation and singing. When we got back to Wavus and after cleaning all of our supplies, we were all rewarded with ice cream at J-scoop. The trip was very fun and everyone had a ton of fun.



Allagash I

HBC: Alexa Fiszer

JC: Becks Slack

JC: Sky Durfey

July 31 - August 12:

Allagash Wilderness Waterway

Day 1

We started the day by waking up at 5 a.m. to tie the last 2 canoes onto the trailer and start off on our trip! The directors were there to see us off, and we headed out for our 6-hour journey to our put-in at Hannibal's Crossing. After a long, uncomfortable car ride, we reached the Golden Road (the logging road where our drop-off is), and it was quite the bumpy ride. We ate lunch before we got into the water for the first time, and within the first five minutes we saw a moose – so exciting! We paddled for 2.5 hours and got further than we even anticipated. We had burritos for dinner, went on an evening swim, and talked about our great first day before getting cozy in our tents.

Day 2

We woke up at 7 today and had super delicious bagels with cream cheese, honey, or nutella. After packing up our tents and loading up our gear, we set off for a great day. We finally got to the long-awaited-for fudge and root beer store that all the Gash trips go to, and it was a fun break before Mud Pond. A hard paddle awaited us across the lake, and it was a bit confusing since it looked like we were reaching a dead end. The paddle was through a marsh stream, too, which was filled with beaver dams, which was a bit of a challenge. There were lots of leeches stuck to us, which we weren't too happy about, but we got out alive! We unloaded at Mud Pond, and began to

portage some of our canoes as far as we could before dark. This made our portage day a lot easier for tomorrow, although it was a tough evening. We finished with hamburgers for dinner, and got some rest before the second half of the portage tomorrow!

Day 3

We woke up really early to some warm and filling oatmeal, and got ready for a very busy day! We finished the portage in about 2 hours, which was so impressive! Some girls portaged the canoes, while others carried gear. It ended up being incredibly time efficient. The hardest, but best, part was putting in the canoes into the actual Mud Pond at the end. We were up to our thighs pushing canoes for about a half hour, but it was a blast. The Mud Pond portage was finally over by noon, but right when we started to paddle, a big storm started! We had to pull over, put rain gear on, and set up the tarp. We even had to get into the lightning position, sitting on our lifejackets. The storm lasted a little while, but we were safe and sound and ate pb&js in the rain. Once the storm passed, we paddled about 3 hours to our campsite. Everyone was ready for dinner, and after pumping some water and having some rewarding candy, we went to bed. What a day! Mud Pond portage was already done!

Day 4

Today we woke up early so we could get to our resupply, and it only took us an hour to get there. We met the directors, and were so happy to get mail. We even got a surprise snack of Gatorade, soda, and munchkin donuts! After we repacked everything and got our new food, we got going so we could avoid headwinds on the Chamberlain Lake. Unfortunately the

winds were still too strong, and on top of it all there was a thunderstorm again. Luckily the rain wasn't too bad, but the winds picked up even more. We tried to paddle, but ended up taking a break to let the winds die down. We persevered through, and decided to just stay at Gravel Beach for the night. What a great surprise since the Gash 2 girls were there! It was so nice to see familiar faces, and spend the night hanging out. We had melted ravioli for dinner, which was surprisingly good, and were so tired we fell asleep right away.

Day 5

We woke up very early today, and were surprised with some pop-tarts for breakfast! It was just what we needed. It took about two hours to get through Chamberlain Lake, those winds wouldn't stop. We finally got to a stream that led to Eagle Lake, and were so pumped up we kept going. We were ahead of schedule, and got to take a nice break at Thoreau campsite. We filled our water bottles at the spring, and had pepperoni and cheese, as well as gogurt, fruit, and carrots with hummus. It was a yummy combination. There was a nice group of people we chatted with, who convinced us to go to the tramway and spend some time there. It was such a cool place, full of old, rusty trains that were used for logging wood years ago. Although the day was long, we kept canoeing and got a great campsite that night. We had chicken burgers for dinner, went to bed early, and were excited to be done with the worst 2 lakes!

Day 6

A sunrise paddle awaited us this morning! We had Honey Bunches of Oats with soymilk for breakfast, and had an amazing and calm morning

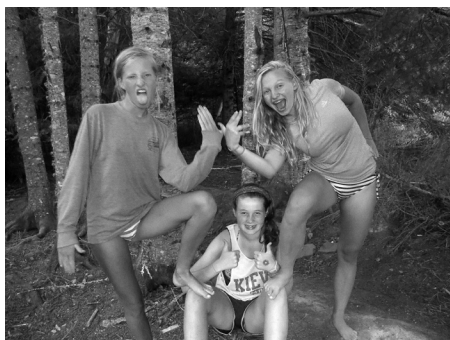
paddle. We only paddled 2 hours, and were surprised with a 'rest day' at Scofield Point. We slept on the beach, which was very relaxing despite the high winds. We ate in a very nice wooded section of the campsite, made hairwraps and bracelets, and finally got some summer reading done. We had quesadillas for dinner, and were happy after the very relaxing day! Tomorrow Chase Rapids awaited us.

Day 7

After eating Fig Newtons and Kashi bars for breakfast, we paddled to Churchill Dam for Chase Rapids. We dropped off our gear with the ranger, and had so much fun on the river! We did an amazing job on the Class II rapids, and had no problems at all. Nobody flipped a boat, which was very good. We did a great job sticking together to help everyone navigate the rocks. The rapids were 9 miles long, but quick. The rest of the day ended up getting so windy that we had to walk our boats along the shore for about a mile. It was so much fun though, since we all swam and made the best out of the situation! We had pepperoni and pesto pizzas for dinner, and had a campfire to warm us up! Dessert was amazing, and we made apples and cinnamon, as well as bananas and s&m's over the fire.

Day 8

It was so cold and foggy this morning. The water was much warmer than the air, so there was lots of steam on the water, it was incredible. We paddled until Sam's campsite on Long Lake, and took a nice break. We carried over Long Lake Dam as a cabin, and paddled some small rapids until the Sweeney Brook campsite. We had Mexican rice wraps with hummus for lunch, and got the whole afternoon to read and nap in



the sunshine. We had sautéed potatoes and onions for dinner, and were full and happy.

Day 9

It was pouring rain right before we woke up, so we slept in a bit. We got to have oatmeal to warm us up, and then headed out to finally reach the Allagash River today! We got to Croque Brook campsite for lunch, and afterwards decided to push ourselves to get to Five Fingers Brook North. We had pasta with either pesto or tomato sauce and cheese for dinner, which was amazing. It was an easy day, and we had so much fun singing and floating along the river.

Day 10

Today we got to go to Allagash Falls! The water was so shallow on the way that we had to walk our boats a couple of times. We stopped at the Ranger Station on Michaud farm, and met a couple who were on their honeymoon on the river! We kept going until the falls, and although it was a bit cloudy, we had no rain. We got to eat peanut butter M&M pancakes for lunch, too! They were amazing! We then portaged our canoes to the end of the falls, and it only took us five minutes. We had gotten so strong since the last time we portaged, it was impressive. We swam at the falls with Kieve, and got to do some cliff jumping. We then went back to our campsite to have burritos for dinner. We all talked about our trip so far around the fire, and couldn't believe we only had a few days left.

Day 11

Pouring rain woke us up this morning, so our counselors let us sleep in until 9. We had oatmeal to warm us up again, and unfortunately had to take the tents down in the rain, and portage our bags and gear to the

end of the trail. It had stopped raining for the portage, but really picked up as we paddled. We saw the "Leaving Allagash Wilderness Waterways" sign in the pouring rain, but it was still so exciting! We set up our tents in the rain at the official last campsite of the Allagash, but it didn't stop raining. It was soaking wet everywhere, but we changed into our warmest clothes, and stayed in our tents for most of the night. It was fun and relaxing with the sound of the rain all night. We were just glad the rain hit at the end of our trip and not earlier!

Day 12

Our last day of paddling - we couldn't believe it! We woke up pretty early so we could dry off some of our things, and ended up just laying them out on the tops of our canoes. We only paddled a short distance until we hit the Two Rivers Diner, which our counselors surprised us with! We were so excited to relax in the restaurant for a few hours, and shared some delicious meals. We then headed back into the water for a 9-mile stretch of rapids on the St. John River, which is the divider between Canada and the USA. It was a really fun and relaxing paddle. Although we were sad to be done, we were excited when we got to Pelletier's Campground. We relaxed for a little while, and then got to go to the Mooseshack Restaurant for amazing pizza (especially the spinach, feta, and tomato pizza) as our last meal. The directors were unable to meet us before we ate, but finally brought us our trailer and, most importantly, our mail before bed! Our last night was really fun, and although it took a while because of the wet wood, we got a fire going for some s'mores.

Day 13

We were officially done with our trip. It was very bittersweet to pack everything up for the last time! Joe came to pick us up at 7 a.m., and we got ready for a long car ride. We curled up in sleeping bags in the van, and had a relaxing drive in the rainy weather. We got to stop at Panera for lunch, which we had been waiting for the whole trip. It was so much fun! Once we got to camp, we hid from all the campers at Wavus so we could make a big entrance later. We got ice cream after we cleaned up all our gear, and then got muddy and dressed up for our entrance, surprising everyone at dinnertime. After a crazy 13 days, we got to take showers and set up our cabin again for the last week of camp. What an amazing trip it was!!



Allagash II

HBC: Megan Powers

JC: Mandy Mathias

JC: Hannah Flagg

August 1-13:

Allagash Wilderness Waterway

Day 1 - Big Island 7-8 miles

Today was our first day of trip. We woke up at 5:00 a.m. and finished packing up the cabin before heading to Jewell to get some cereal for breakfast. At 6:00 a.m. we loaded into the van, said our goodbyes to Sara Taylor and Kate and started our journey. It was a long drive, and we got to the put-in at around 11:00. We ate a quick lunch of sun butter and jelly sandwiches and loaded up the boats for our first day of paddling. It was sunny and clear skies as we made our way to Big Island. We got there around 2:30, set up camp, and went for a swim. We ate burgers and potato wedges for dinner and then a little later built a fire to make s'mores. Everyone had a great first day and the girls were really looking forward to the rest of trip.

Day 2 -

Mud Pond Carry Trail - 15 miles

Today we woke up at 5:00 a.m. and packed up the campsite. We were on the water a little before 6:00 and saw a moose! We finished the Penobscot River and entered Chesuncook Lake. We stopped for a yummy surprise of root beer floats and fudge in Chesuncook Village around 9. Then we continued our paddle across the lake and entered Umbazookus Stream. The stream was shallow and windy and it was a nice change from lake paddling. We had to walk the boats at a couple of points, and we even passed a beaver dam. After finishing the stream, we ate lunch - turkey and cheese on pita - across

the lake from the Mud Pond Carry trail, and watched storms pass over. We got to the carry trail around 2:00 and started portaging. We carried all the boats within an hour of the end of the trail and then stopped for a much needed dinner of pesto pasta + chicken. Thankfully the bugs were not bad, and it hasn't rained much so the trail was in "good condition". The portage was challenging both physically and mentally, but everyone felt good about the work they put in and confident about finishing the boats and gear tomorrow morning.

Day 3 - Gravel Beach - 3-4 miles

This morning we woke up at 6 a.m. to finish the Mud Pond portage. We packed up our gear and had honey bunches of oats with soymilk for breakfast. We got on the carry trail at 7:15 with all the gear. It took about an hour to walk to the end with all the gear and then another 30 minutes to bring the canoes the rest of the way. We were completely done by 10 and then had to trek through the real mud of Mud Pond and load the canoes. We then entered a small stream where we walked the boats through shallow water until we entered the beginning of Chamberlain Lake. From there it was a short paddle to our campsite, Gravel Beach. We swam at the beach and bathed using biodegradable soap, which was a real treat after Mud Pond! A storm passed over the lake and it was really windy at our campsite, but thankfully we didn't get any rain. We hung out in the tents for a bit, sat in crazy creeks on the beach, and went swimming. Then around 7:00 Allagash I from Wavus paddled up to our campsite! Everyone was excited to see each other, and we all had the chance to swap stories about the beginning of the trip.

Day 4 - Lock Dam - 6 miles

Today Mandy and Hannah paddled one boat down the lake to get our resupply. The girls got the chance to sleep in and recover from the portage. We had oatmeal for breakfast and spent the morning hanging out on the beach and going swimming. Around 11:30 Mandy and Hannah surprised everyone with munchkins, Gatorade, and other treats from resupply. We ate turkey melts for lunch and had a leisurely rest of the day. Around 4:00 we packed up camp and paddled up Chamberlain Lake to Lock Dam. The lake was completely calm and the sun was out, making for a very nice evening paddle. We had yummy stir-fry for dinner at Lock Dam, and rice krispie treats and fruit for dessert.

Day 5 - Little Eagle - 11 miles

This morning we woke up at 6:00, packed up camp, and had bagels for breakfast. We carried the boats over Lock dam and were paddling by 7:00. We had a small stretch of fast-moving water before we entered Eagle Lake. We had tail winds so we decided to sail. It worked FANTASTIC!! We sailed across the entire lake, past our intended campsite to Little Eagle, in only couple hours. We got to our campsite before noon. Everyone loved sailing; it was a blast having the wind do all the work for us. After sailing into our campsite, we set up tents and had some free time to swim, write letters, and read on the beach. Then we had turkey sandwiches and grapes for lunch. We continued our leisurely afternoon swimming and relaxing, and around 5:30 we started getting dinner ready - pita pizzas. Everyone made their own pizza and we had cookies for dessert.

Day 6 - The Jaws - 6.5 miles

This morning we woke up at 7:00,

packed up camp, grabbed a bar for breakfast and started paddling. It rained last night, but thankfully it was clear this morning, only a little windy. We paddled the last bit of Eagle Lake, under John's Bridge and into Churchill Lake. We sailed a little bit but the wind wasn't as cooperative as the day before. We pulled into our campsite – the Jaws—around 11 and had cheese sticks for a snack before setting up tents. We played cards and rested and had fun cooking tuna melts + soup for lunch over the fire. Then we played a few rounds of zoo and ate rice krispie treats, and later went swimming and played games around the campsite until dinner. We had nachos as appetizers and then "Hannah Surprise" for dinner (a pasta dish). Overall another great day on the Allagash, everyone is looking forward to Chase Rapids tomorrow!

Day 7 - Sam's - 15 miles

This morning we woke up at 6:30. It was super cold last night and really foggy this morning. We got to sleep in until 7, hoping that the fog would clear some. We had oatmeal + raisins for breakfast then we loaded the boats and paddled the short distance to Churchill Dam. The fog lifted as we paddled. When we got to the dam, we unloaded our boats so that the ranger could portage our gear down Chase Rapids. Everyone was excited and nervous to run the rapids which had both Class I and II sets. It took about an hour to run the first 4 miles which are the most intense, and then we pulled over to the side to grab our gear and a snack – kashi bars. Then we continued down the river for another 4 miles until it opened up into Umsaskis Lake. We paddled for a while until we reached a Ranger Station where we stopped

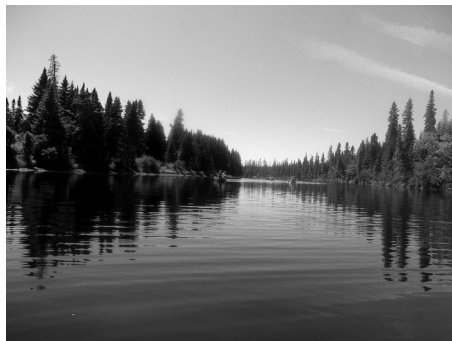
for lunch. After lunch we had about an hour+ of paddling left down Long Lake. When we got to the campsite, we went for a swim and relaxed around the campsite. Around 5:15 we started dinner – chicken patties and cous cous. It was really yummy! Later that evening we built a fire for s'mores and then crawled into our tents for a good night of sleep.

Day 8 - Inlet - 14 miles

This morning we woke up at 7:00, packed up camp and had poptarts for breakfast. We finished Long Lake and hopped on the Allagash River to Sweeney Brook for a snack around 10:00. Then we continued on until 12:30 where we pulled over for lunch – pepperoni and cheese on tortillas + carrots. Then we continued on to Round Pond and camped at Inlet. It's a beautiful campsite with a lot of space for drying wet clothes/tents (we got a little rain last night). Then we went for a swim and used biodegradable soap to bathe! It was really refreshing. After swimming, we all played cards and spent time with each other at the campsite. At 6:00 p.m. we started making quesadillas for dinner and for dessert we made apples in brown sugar + cinnamon. After dessert, while washing dishes, we tried to catch some of the fish swimming around in the water. Then we set up the tarp so that we could all sleep outside under the stars. It was a really clear night, and was perfect for star gazing.

Day 9 - The Ledges - 12 miles

This morning we woke up at 7:00 and had oatmeal for breakfast. We left the campsite and were paddling on the river before long. It was a really scenic paddle today. We saw four moose and several bald eagles. We had a snack break at Hosea B at 10:30, then paddled



to Deadwater North for lunch at 12:30. After lunch we continued paddling to Ramsey's Ledges. Everyone swam out to a large rock across the river and had time to play games around the large open campsite before dinner. For dinner we made white pizza and it was delicious. After dinner we played spud, and at 7:00 we made scrambled brownies with S&M's and pretzels. Then we got ready for bed and crawled into our tents for the night.

Day 10 – Allagash Falls – 4 miles

This morning we woke up at 7:30 and it was raining, so we slept in until 8:00. It continued to rain so as we packed up and had bars for breakfast. We paddled to Allagash Falls, pulled up our boats, and carried our gear down the trail to our campsite. We set up a tarp because it was still raining, and then made hot chocolate to warm up. Everyone hung out in their tents to stay out of the rain until we started lunch at 12:30; we had S&M PANCAKES! It was a great meal for a rainy day. After lunch it had stopped raining so we portaged our boats. It was much easier than Mud Pond and it was nice to get it out of the way so we could relax. Then Allagash III got to the Falls which was nice because Ellery got to see her sister. Then we all went for a swim in the falls. We had a lot of fun jumping off of the rocks and swimming around in the current. For dinner tonight we made mac n' cheese and it was a huge success. After dinner a couple of the girls sang and performed a dance to Wagon Wheel. Then we all snuggled into the tents to stay out of the rain and went to bed.

Day 11 – Evelyn's Field – 13 miles

This morning we woke up around 8:00. We packed up quickly and had bars for breakfast. Then we portaged

the rest of our gear down to the canoes. Next we went for a fun morning swim below the falls. It was really refreshing, the falls were fun to explore, and we had a great time floating down stream and jumping off rocks. Around 10:00 we got out to dry off and load up our boats. Then we had sunbutter + jelly on pita and set off at 11:00. It was overcast, but not rainy. The river was a little higher from all the rain. We officially finished the Allagash Waterway today and we stopped to take pictures with the sign and have a snack. We got to our campsite around 3:00. We unloaded the boats and set up the tents to dry. Then we went into Allagash Village and everyone got to pick out a treat from the small town store. Then we went to the playground to eat our treats and played on the swings and slides. After we went back to the campsite, we had some rice pilaf and did skits and played cards. We started making Ramen at 6:30 and then had a little candy party before bed.

Day 12 –

Pelletier's Campground - 9.5 miles

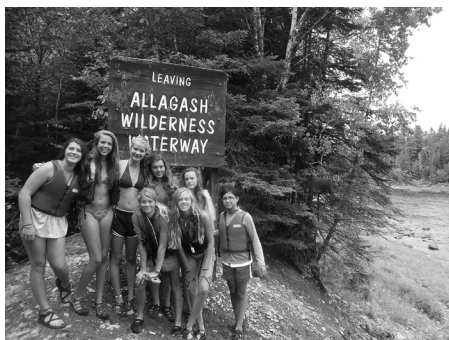
This morning we woke up for our last day of paddling! We were on the water by 8:30. It was a little overcast again today, but not much rain. We had a few sets of small rapids today, which were exciting. We made it to the campsite around 11. Everyone was so excited that we finished!! We brought up the gear and the boats and then ate lunch and hung out for the rest of the day. Everyone was in a great mood and had fun playing around the campsite. At around 4:15 Jim (our driver for tomorrow) came to the campsite and brought with him mail/packages and food including hummus + carrots, grapes, watermelon, and milky ways. We also got pizza for dinner tonight

- cheese and Hawaiian. After dinner we packed up and loaded the trailer so that we could get off to a quick start the next morning.

Day 13 - Wavus

We woke up at 4 a.m. this morning so we could get an early start on the long drive to Wavus. We left our campsite around 5 a.m. and slept for most of

the first part of the car ride. Around 8:30 we stopped at Dunkin Donuts for breakfast and had some delicious bagels before continuing our drive. We got to Wavus early and had a chance to practice our entrance before lunch. Everyone was really excited to be back at camp and to see all the friends we had missed on trip.



Allagash III

HBC: Lauren Page

JC: Dylan Alles

JC : Alina Drufovka

August 2-14:

Allagash Wilderness Waterway

Day 1 Wavus -> Big Island 8/2

LOD - Laura

Today we woke up at 5 a.m. at Wavus and finished packing our gear. After a quick breakfast we left camp with Joe as our driver. The ride was very long but the counselors made it more fun by buying us some munchkins (donuts). We arrived at the drop-off point singing our favorite songs and then had PB+J for lunch. Within the first few minutes paddling we saw our first moose and a few eagles. Around 4 p.m. we arrived at Big Island and we had some time to enjoy and relax for the evening. Our dinner was chicken burritos with veggies. It was so yummy! We even had a dessert of S+M's. We ended the night with a compliment circle and then hit the bed.

Day 2 Big Island -> Mud Pond 8/3

LOD - Clara

Today was a wake-up at 7 a.m. and, after packing our bags, we had a breakfast of corn flakes with yummy powdered milk. We looked over the maps and decided that it was about a 17-mile paddle that consisted of lakes and shallow streams. During our paddle, we stopped at "The Store" for some homemade fudge and root beer. While the counselors were picking out the fudge, they surprised Laura with a candle in her fudge because it was her birthday. We sang Happy Birthday then all cheered with our root beer. Then we continued on our paddle which was about halfway through. We eventually found the Mud Pond

Portage Trail, had a quick gorp snack, and then started moving gear to the campsite. Then we started on the hard part which was portaging the canoes to the end of the trail with was about 2 miles long. We put three girls to a canoe and started the trek. It only took us about 3 hours to move all five canoes which is great time. By the end we were all starving and while the last canoe was being portaged, the cooks had started cooking dinner so by the time we were done, the food was ready and waiting for us. It was a delicious meal of Mac-n-Cheese with pepperoni. For dessert we had fire-roasted apples with brown sugar, cinnamon, and peanut butter or nutella.

Day 3 Mud Pond -> Boy Scout 8/4

LOD - Marlay

Today we finished up Mud Pond by bringing our gear to the end. The mud came to our thighs and then we had to push the canoes out into real water. Our next task was to find the tiny stream that brought us to the lake. It took us a while to find the stream because we were not sure if it had dried out or what, but eventually we found it and had to walk, pulling our canoes, for most of it. After finishing up the stream, we saw Allagash II and chitchatted with them for a few minutes before continuing on to Boy Scout campsite. We sang songs and went swimming off the canoes all day in the nice, warm sun. When we got to the campsite, we washed up, cleaned some clothes and had dinner of pizza. For dessert we had brownies, and then talked around the fire until bedtime.

Day 4 Boy Scout-> Gravel Beach 8/5

LOD - Liv

Today was our re-supply! This morning we woke up at normal time, 6:30 a.m., and left our campsite and

paddled to Chamberlain Bridge, about a 5-minute paddle. While we were waiting for our re-supply driver, we ate our gorp, read and made friendship bracelets. When Joe arrived, we ate lunch of PB+J pitas, organized the wannagans and coolers, and then took off. Paddling Chamberlain Lake was super hard because of the wind so we ended up cutting our paddle short and staying at Gravel Beach. Once arriving at Gravel Beach, we relaxed and played games. For dinner we had cheeseburgers and s'mores for dessert.

Day 5 Gravel Beach->Thoreau 8/6
LOD - Gretchen

Today we woke up bright and early to a breakfast of cereal and pop-tarts. We started paddling around 5:30 to beat the wind, and when we stopped for a water and snack break, the wind also joined us. It took a while to get to Lock Dam but after lots of struggling, we finally made it. We had a lunch of bagels with PB+Nutella, and took a little rest hour before we did a little portage around the dam. We paddled through a river for a bit, then entered Eagle Lake where the winds joined us again. We decided to stay at Thoreau Campsite on Pillsbury Island. It was a beautiful campsite where we got a roaring fire going and cooked a delicious stir-fry over the fire with a dessert of leftover smores.

Day 6 Thoreau-> Churchill Dam 8/7
LOD - Linzi

We woke up at 4:30 a.m. and headed onto the lake to beat the winds again and lucky for us, the wind did not join us all day. Along the way we stopped by some antique locomotives and trains, and had a little photo shoot there. We paddled past St. John's Bridge and decided to go bridge jumping there.

So much fun! After, we stopped at Scofield Point for some lunch and R+R. After some time we started our paddle to Churchill Dam and fortunately we had some tailwinds so we were actually able to, with the help of our tarp, rig up a sail and sail to the dam. The rest of the day we hung out, went swimming and read our books. For dinner we had homemade pizza and Milky Ways for dessert followed by a sweet game of zoo.

Day 7 Churchill Dam-> Jalbert 8/8
LOD - Hannah

We woke up at 8 a.m. to a yummy breakfast of oatmeal and dried fruit. After cleaning up the campsite we portaged our gear around the dam and put our gear into the ranger's truck so we could run some rapids in our canoes and not have to worry about losing our things. We were also able to check out the Historical Churchill Dam Museum and look at all the old canoes and trucks used to build the dam. Then we took on the rapids, which were super fun and no one flipped! We paddled for about an hour and a half, then met back up with the ranger and retrieved our gear and had lunch. After lunch we continued our paddle to Jalbert where we set up camp and played some games. For dinner we had baked potatoes, made in a real campfire, with S+Ms for dessert.

Day 8 Jalbert -> Five Finger 8/9
LOD - Eliza

Today we had breakfast of cheerios and kashi cereal with powdered milk. Yummy! Today's paddle was supposed to be a short one, but instead we all decided to push on to a farther campsite so we could have a full rest day at Allagash Falls. We arrived at the Five Finger Campsite after spotting five different moose. We saw a mama and

a baby bathing and on two separate occasions big papa moose eating. Arriving at the campsite, we set up camp, got a fire going and started on dinner which was pasta Alfredo with garlic bread sticks. We played zoo and mafia, then had S+Ms for dessert and hit the bed.

Day 9

Five Finger-> Allagash Falls 8/10

LOD - Laura

Today we woke up at 8 a.m. and the weather was horrible, rainy and cold. We had a nice warm breakfast of oatmeal and craisins. When we got into our canoes, it started to pour. Even though we had our raingear on, we still got wet. To keep the spirits up, we sang songs and became very silly in our canoes. Upon arriving, we set up camp, changed into dry clothes and had a late lunch of S+M pancakes to warm us all up. The rest of the day we relaxed and chit-chatted with Allagash II who was also staying at the campsite. Many of us read our books and for dinner we had a hot meal of veggie soup with Mexican fiesta rice. Oh, how it warmed our tummies! After we went straight to bed, knowing that tomorrow is our rest day and we get to sleep in.

Day 10 Allagash Falls 8/11

LOD - Clara

There was no set time to wake up this morning, so by 9 a.m. everyone had strolled out of their tents and was ready for breakfast which was hash browns with real potatoes. After breakfast we digested and relaxed because it was an overcast day. After a bit we ventured down to the waterfalls and read and talked and made friendship bracelets until lunch. We ate in our sleeping bags and had grilled cheese and pasta Alfredo to keep us warm around the waterfall to add to a scenic lunch.

After lunch we jumped into the cold water from a five-foot jumping rock and swam around and checked out the waterfalls and the surrounding rocks. We got some sweet pics of us jumping into the water. Since we had a very late lunch and we ate so much, we decided to take it easy for dinner and have leftover pasta alfredo and Milky Ways for dessert. Today was a good rest day since we had been paddling over 10 miles a day; our arms needed a break and today was perfect.

Day 11

Allagash Falls-> Evelyn's Field 8/12

LOD - Marley

Today we made our way to Allagash Village, fueling our bodies with cereal in the morning and pitas for lunch. We arrived at Evelyn's Field just after one and hung out and organized our gear. Since it wasn't raining, we were able to lay out our clothes and wet gear from the days before. The field was very buggy and there were about five million grasshoppers everywhere who loved to hang out in the tents with us. We eventually made our way to a tiny playground which had a swing set, a slide and some other fun things. We had a good time there making it a sweet photo shoot. For dinner we had rice and cheese quesadillas with candy for dessert and many games of zoo and mafia before we hid in our tents from all the mosquitoes.

Day 12 Evelyn's Field->

Pelletier's Campground 8/13

LOD - Liv

We left early from Evelyn's Field to escape all the bugs and grasshoppers. It was a short nine-mile paddle with a few rapids which only took us a few hours to do. We stopped at a nice rocky island to have an early lunch of pitas with PB+Nutella. Shortly afterwards



we spotted our campsite, which was a grassy field with picnic tables with sun coverings. The morning was overcast but by the mid afternoon, it had turned into a sunny, beautiful day. We spent the afternoon fully drying out our gear and playing games, cleaning our bodies in the water, and finishing up our books. We had pancakes for a late lunch made over a real fire with nutella and peanut butter or sunbutter. So delicious! Around 4 p.m. our driver came with mail and goodies for us to snack on. We ordered pizza for dinner at a pizza parlor up the road and had Arizona ice teas to drink. We played a bunch of rounds of zoo and mafia, then hit the bed for an early wake-up the next day.

Day 13 Pelletier's Campground->

Wavus 8/14

LOD - Gretchen

Woke up early at 6 a.m. and packed up our gear into the trailer and van. We had go-gurt, grapes, leftover pizza and leftover cupcakes for breakfast and jumped into the van for a long drive home. We got to listen to music which was something that we all missed even though we all have great singing voices. We stopped at Dunkin' Donuts for a lunch of flavored bagels instead of plain bagels, which was a treat, and got back to Wavus around 1 p.m. For our entrance we blasted music and screamed, "Gash III is back!" The girls were all excited to see their friends and sisters and everyone was excited to see us. Cleaning up for the trip was easy and we were done really fast and had the rest of the afternoon to shower and change into clean, non-smelly clothes.

Long Voyage

HBC: Frances Robinson

JC: Quincy Snellings

July 28- August 14: Long Voyage

Day 1

Our Long Voyage began with an extremely exciting, action-packed day! We left camp right after breakfast and drove about three hours to Baxter State Park. After we arrived, we unloaded the canoes and brought them down to the water. Our counselors gave us a quick canoeing lesson and then sent us down the rapids. We made it down the first section without trouble and then stopped for a fabulous lunch of granola bars and peanut butter. After lunch, we paddled farther down the river and that's when the excitement began. One canoe capsized! Then another canoe capsized! The counselors saved one boat but the other floated way down the river. It took us another twenty minutes to find the boat, but then we rescued it and continued on our way. We met Kate Adair (who drove us up), a little farther down the river at the take-out point. We loaded the canoes on the trailer and then drove to our campsite. We finished day one with hot dogs and chocolate chip cookies for dinner and then went to bed early to prepare for a hike on day two.

Day 2

The day began at around 6:30 a.m. with some honey nut bunches of oats and vanilla silk milk. We packed up the van and drove into Baxter State Park. We went on a hike up Owl Mountain, but stopped halfway. We then had a yummy lunch of cheese and pep sandwiches or PB&J. We then went back down the mountain and swam in freezing water at a small river, which was a bunch of fun. We walked to

our campsite and chilled in the tents until dinner, which was delicious hamburgers, followed by a dessert of Oreos and tent time.

Day 3

We woke up around 4:30 a.m. in the morning to hike Katahdin! We enjoyed a very good breakfast that consisted of bagels and cream cheese. At around five we set off for Katahdin. It took us 5 hours and 30 minutes to get up the mountain and took us 4 hours to get down. We stopped to swim at the summit sign to take pictures and take in the sights then headed back down the mountain, stopping at Katahdin Stream Falls for a rest. Then we headed back to the Katahdin Stream Campsite, ate a wonderful dinner of pasta and tomato sauce. Then we had cabin time and went to bed.

Day 4

The day began today around 8 a.m. We quickly packed up camp and ate oatmeal before leaving the campsite. We drove about 30 minutes to our resupply where we met ST and Joe. Then ST drove up to our put-in about 45 minutes away from resupply. There we ate yummy sandwiches then hit the river. We had a nice afternoon paddle and even stopped for a swim. We finally got to our campsite where we set up our tents, made a campfire and s'mores and June and Simone cooked a tasty meal of rice and chicken. We finished off the night with hot chocolate and donuts.

Day 5

Today we woke up at 7 a.m. and began our second day of paddling. After packing up for a few miles, we came across a little town with "The Store". The Store is a fudge and root beer place run by an old man in the middle of nowhere. So we stopped and

ate lunch and just chilled out for an hour and Quincy read out loud and we all fell asleep on the grass. We continued to paddle and reached our destination: the Gero Island Campsite One. It was really hot so, after unpacking gear and setting up tents, we went for a swim. For the rest of the day, we relaxed, read and made friendship bracelets and went to sleep.

Day 6

We woke up to yet another sunny morning, which was made even better with a breakfast of warm blueberry pancakes. Today's paddle was relaxing and, although we got slightly sidetracked, we reached our campsite quickly and leisurely. Once arriving at our destination, we rushed to set up our tents and gear because of the oncoming rain. For lunch, we ate chicken noodle soup and relaxed under the rain tarp and in our tents. Luckily, the rain passed and we each had individual reflection time in the native Maine forest. After about an hour of this, we prepared chicken patties for dinner and s'mores for dessert. A wonderful addition to this evening was a beautiful double rainbow all the way! As it got later, we continued our cabin reading and eventually all went to bed.

Day 7

We woke up bright and early in the morning to a sunny sky. For breakfast, we had a scrumptious meal of Pop Tarts! Yummy! Then we began our voyage. We canoed across the Black Pond and, following that, was another decent-sized pond. Then we headed toward a stream, where we paddled upriver. We had peanut butter and jelly sandwiches for lunch! Then we headed up a very rocky, shallow stream that we dragged our canoes up. We arrived at the take-out and portaged our canoes



for about a mile to our campsite for the night.

Day 8

We woke up and had a very yummy oatmeal breakfast. We portaged the canoes a very short distance for a little for practice. We paddled for thirty minutes on a lake and then realized that we missed our turn. We paddled back then, through a little stream. We finally reached Round Pond where our campsite was located. We reached the campsite and ate a lunch of pb&j. Afterwards we swam, had a group read and made some amazing cornbread. We all sat around the fire and made friendship bracelets while the cooks made cheesy pesto pasta.

Day 9

We began the day with a healthy breakfast of oatmeal. Since Joe wouldn't be arriving until 11:30 for our resupply, we slept in, had a nice leisurely morning and said "Goodbye" to June and Lindsay who were being evacuated. Once Joe got to our campsite, we loaded five canoes, lots of boundary bags and seven campers into the back of a truck. After a fun ride, we began portaging the rest of the road, which was unsuitable for driving while Joe picked up the rest of the group and the gear. We completed the 1-mile portage and then had turkey and cheese sandwiches for lunch with Pepsis and donuts they brought us for the resupply. Sadly we had to split up into two smaller groups because we were on the Allagash. It was very windy so we decided to sail with Frances' hammock used as a sail. We had pasta Alfredo for dinner and then went to bed.

Day 10

Today we had a rest day which started with a nice relaxing morning when we slept in and woke up to a

delicious breakfast that consisted of wild cinnamon sugar donuts. We met the other half of the cabin at the ice caves. They were really interesting and extremely fun to go in and explore. We paddled back across the lake to our campsite and had a leisurely afternoon to finish off the rest day.

Day 11

Today we arose with the sun, which was fulfilling and beautiful. It allowed us to reach our beautiful "Little Gash Falls" campsite at lunchtime, paddle our boats through a stream and paddle a small pond. We relaxed at the falls, solo portaged some canoes (for fun!) and ate Mexican Fiesta for dinner. A game of hearts followed dinner.

Day 12

Today was a strenuous day full of lake paddling and shallow rapids. After pulling our boats downstream for a bit, we canoed many miles across Chamberlain Lake. We briefly met a ranger at a nearby ranger station and stayed at Boy Scout and Thoroughfare campsites. Because of the long tiring day of lake paddling, we played a few rounds of cards and then went to bed early.

Day 13

We awoke early, eager to start the day. We paddled a few miles down the river to the dam out of the Allagash into Baxter State Park. After a small portage, we enjoyed lunch, loaded up our boats, and started some of our first significant rapids! Although challenging, with rocks and sharp turns, they were a lot of fun and no boat flipped! Lake paddling followed the rapids to bring us to our campsite Little Coffeehos.

Day 14

Today we had our second rest day at Little Coffeehos. It was raining profusely so we spent most of the day in our tents

reading. It was nice to have a break before the hard day we are expecting tomorrow. We went to bed at a very early hour to get a good night sleep in preparation for the early wakeup.

Day 15

Today was our most challenging day yet. We woke up early to a dark sky and packed up our camp and set off for a long day. We lake-paddled for a short amount of time until we reached Webster Brook, where we faced class 1, 2 and 3 rapids. Even though they were the hardest rapids yet, no boats flipped and we hit the rocks with confidence!! We had two portages throughout the day that we took on with record times because so many girls solo portaged the canoes. After the rapids we paddled across three lakes until we finally reached our campsite where we were rewarded with ice cream from a general store. We all went to bed early after a long day.

Day 16

We got to sleep in this morning, which was a big treat! We had real milk and cereal for breakfast. Once we finished breakfast, we got on the water. It was all river paddling until we reached our first portage. After that there were some fun rapids until we reached our second portage and at the end of it we had an amazing lunch of pb&j with Milky Way bars. Our final portage only consisted of carrying the canoes because the campsite called Grand Pitch Falls was at the top of the portage trail. We spend the rest of the day relaxing and ended it with some warm hot chocolate.

Day 17

We woke up early, portaged gear and ate breakfast of granola bars. After breakfast we paddled to a portage place. We portaged canoes and then

gear in about half an hour. After that we paddled for a couple hours, rafted up and ate lunch, then paddled to our campsite for a relaxing afternoon.

Day 18

We woke up around 7 a.m., ate some oatmeal, and then began paddling. We paddled on the East Branch of the Penobscot until we arrived at the Grindstone Rapids where we had started 18 days ago. Grindstone Rapids had very shallow water, which caused three boats to hit rocks and flip. After collecting all our gear and rescuing the boats, Kate Adair picked us up and drove us to the last campsite at Northern Outdoors. Raquel's parents cooked us an amazing dinner of moose meat, venison, and macaroni. We went to bed full, happy and excited for rafting tomorrow.

Day 19

We woke up quite early and had grapes, go-gurt and oatmeal for breakfast. We packed up the van and walked to the lodge. We got our rafting gear then hopped on the bus to take us to the rafting put-in spot. We had an awesome first half of our day. We stopped on the river for an amazing lunch and hot chocolate. After the second half of white water rafting we headed back to the lodge to change into dry clothes and watch our white water rafting video. Afterwards we got in the car and drove back to the Wav!



Maine Trails

HBC: Kailey McKenna

JC: Mary Strang

July 26- August 16:

Muscongus Bay and Deer Isle Sea

Kayaking, Appalachian Trail

100 Mile Wilderness

Day 1

After eating a nice breakfast and saying goodbye to Wavus, we went on a three-hour car ride to Stonington. We loaded up the kayaks and then ate sandwiches, fruit, and vegetables for lunch. Then we got in the kayaks and within five minutes of paddling, we saw our first seal! We paddled away after we stopped at a couple campsites and had to press on because they were full. We finally found a nice island off the coast of Stonington. We learned about whisperlites and ate a nice dinner of cheeseburgers. Then we quickly got to bed in order to be ready for the next day.

Day 2

After sleeping in late due to fog and rain, we ate breakfast sandwiches consisting of scrambled eggs, bacon, and cheese. Following breakfast we packed up camp and left Wreck Island, which was a day-use only island (oops!). We then paddled to Harbor Island and the day turned out to be lovely! We ate gorp and pizzas on the rocks to finish off the day.

Day 3

Today we woke up relatively early and enjoyed a delicious breakfast of granola bars and strawberry yogurt. After packing up camp, we decided to venture out on a day paddle over to Isle au Haut. The weather was perfectly sunny, too! At the island we pulled up our kayaks and went for a walk in search of an ice cream/chocolatier

store. We stopped to fill water at the ranger station and then walked to a local ice cream store called the "Black Dinah." Delicious! After having lunch we paddled back to our island for some swimming along with some rest and relaxation. When the evening rolled around, we had chicken and cheese quesadillas for dinner! Overall it was an awesome day!

Day 4

We woke up to the sound of light rain falling on the tents. We ate a quick breakfast of granola and cereal and off we went to Rock Island. We spent most of the day resting and reading in the tents, sheltered from the rain. Later when it cleared up, we explored the island, which featured a lovely shell beach. For dinner, we had tuna melts and hot soup followed by McKenna's signature "moon pie," which consists of peanut butter and cheerios with a layer of fudge on top. We chatted on the rocks during sunset and enjoyed the scenic view of Stonington in the distance.

Day 5

We woke up to a breakfast of pop tarts - yum! We then packed up camp and loaded the kayaks. To our pleasant surprise, we discovered raspberries along the trail, so we helped ourselves to a nice little treat! After, we paddled a short distance across the bay to Stonington Harbor. Once we arrived, we found a place to pull up the kayaks. We quickly unloaded the boats and waited for Walter to pick us up, enjoying the warm sunshine. We loaded the trailer and piled into the van. We then departed on a three-hour van ride during which we spent the time jamming out to music and reading our mail. Upon arrival at Friendship Harbor, we unloaded and

packed our kayaks and took a sunset paddle to reach Otter Island, admiring the beautiful sunset along the way. We arrived at Otter at dusk, so we quickly pitched our tents before enjoying a hearty dinner of hamburgers. Then we went off to bed!

Day 6

We woke up early and had breakfast sandwiches with bacon, eggs, and English muffins! We paddled from Otter Island to Hog against strong wind and waves. Once we found our campsite, we made turkey and cheese sandwiches. After setting up our tents, we followed a trail to Hog Island Ryan's house where we ran into Cherokee. While there, we enjoyed the toilets, running water, and soap. We also went swimming off the dock. Although the water was cold, we enjoyed the nice swim and played on the paddleboard. Later, we collected mussels from the ocean to bring back to our campsite and cook. For dinner, we had our freshly steamed mussels followed by delicious pizza! For dessert, we enjoyed Oreos with peanut butter. Yum!

Day 7

We woke up to cloudy skies, but the rain clouds from the previous night immediately lifted. It turned out to be a beautiful, clear day! After packing up and applying layers of sunscreen, we paddled to Thief Island. On Thief, we ate beef jerky and played "zoo" on the rocks. We also met two people who we later found out (in a message in a bottle) called themselves "Cinderella" and "Zorro." Later, we made yummy chicken quesadillas. For dessert, we experimented with the dough to make doughnuts with nutella! With full bellies, we then went to bed early, ready for the following day of paddling!

Day 8

Today we woke up encompassed by a thick blanket of fog. We waited around for the fog to clear, but it only got worse. We listened to the marine radio and found that the fog would last all day and probably into the next morning as well. Unfortunately, we needed to paddle to camp at a close island to be in good position for our resupply the following day. So tentatively, we paddled out into open water in the thick fog. It was very scary, but we kept our heads up and paddled on. We found ourselves at Wreck Ledges and had a long paddle ahead of us to reach Hog Island, and then paddle over to Crow for the night.

Day 9

We woke up and quickly packed up camp, excited to take out at Bremen and anxious to start the hiking section of our trip! We paddled through the fog for roughly fifteen minutes over to Bremen Landing. Then, we quickly unloaded all the gear and hauled all the kayaks out of the water. After organizing our gear, we waited for the Wavus van to arrive! We all jumped up in excitement as we spotted Eliza driving the van down to us. She gave us all warm hugs and delivered our mail and packages! We loaded our gear and set off in the van to drive to Monson to begin hiking the hundred-mile wilderness! In the parking area, we frantically packed our packs, dispersed the food in all the packs, and changed into our resupply clothes. After a quick huddle and a Wavus chant, we set foot onto the Appalachian Trail and hiked the three miles to our first campsite! We ate dinner and quickly hit the hay to prepare for our first full day of hiking the following day!



Day 10

Today was our first FULL day of hiking! We woke up around 6:00 and quickly packed up camp after a quick breakfast of granola bars and strawberry yogurt. We set out excited for our first real day on the AT. It was a little difficult to get our legs used to walking with heavy packs, but after some time we kept a steady pace. Enjoying the beautiful views and mountainous landscape, we hiked the day away! 7.4 miles later, we reached camp. For dinner, we enjoyed delicious pizzas. Preparing for our next day, we decided to head to bed early. Rest up, MT!

Day 11

Today was our second full day of hiking. We got an early start at 5:30 a.m. and ate a filling breakfast of bagels and cream cheese. We started our hike just before 7 a.m., knowing we had a fairly challenging day ahead of us of 8.4 miles! However, we were ready to tackle the day! We started the hike on pretty flat land with the occasional up and down, passing by little streams along the way. Finally, we stopped for lunch around 12:30 by the Barren Slides. We chowed down on pepperoni, cheese sticks, GORP, and nutella! Then we were told by our friends, "The Trail Mamas" to check out the Barren Slides, which happened to have amazing views! We snapped lots of photos and enjoyed the cool breeze. Afterwards, we began the uphill climb for 2 miles, and when we finally reached the end, we all felt so accomplished! We were rewarded by some downhill and flat land for a few more miles before reaching camp around 4:45 in the afternoon. We then set up camp and had a delicious dinner of cheese quesadillas and Ramen noodles before heading off to a sweet slumber.

Day 12

Today we woke up at Cloud Pond and ate pop-tarts for breakfast. It was a chilly morning so we did some yoga and jumping jacks to get our blood pumping and warm our muscles for the day of hiking that lay ahead! We were all packed up and ready by 7 a.m. It was a long day and we summited 3 mountains (4th, 3rd, and Columbus). We enjoyed a lunch of Luna bars and peanut butter on top of Third Mountain. We had a great view and enjoyed chatting it up with a couple of thru-hikers who called themselves "Eagle Trekker" and "Pepe." We even got a picture with them! We headed off to our campsite at Chairback Gap and made it around 5. The total mileage was only 7 miles but we were exhausted. Later we had rice, tuna and vegetable broth for dinner!

Day 13

Today we had a 10-mile day but it was mostly flat so we got to our campsite by 5! Tonight we are staying at Carl A. Newhall campsite and we are the only ones staying here so we had lots of fun relaxing, eating quinoa and making bread. We all enjoyed a nice dessert of Oreos tonight, too!

Day 14

Today we woke up and enjoyed granola and milk for breakfast! With full water bottles and our packs packed, we embarked on what we thought would be one of the hardest days...We summited 4 mountains today, including White Cap! IT was an awesome and super cool to see views of what we had climbed. When we arrived at our campsite, we enjoyed mac n' cheese for dinner. And as a little celebration for Alexandra's birthday, we had marshmallows for dessert that night. We almost met some thru-hikers

staying in our campsite. They were very impressed with Wavus tripping!

Day 15

Today was Dayla's birthday! The birthday girl led the way and we left Logan Brook campsite to start our longest day yet. We hiked 12 miles! It went surprisingly well. We were all impressed with how much faster our pace had become. For lunch, we stopped at this really cool beach on Crawford Pond. It was beautiful weather, so most of us went for a little swim. After lunch, we booked it all the way to our campsite, Cooper Brook Falls, just in time to beat the rain. Once we set up camp, we had pesto pasta for dinner, YUM!

Day 16

We woke up at Cooper Brook Falls, excited for the day ahead. After quickly packing up and eating Luna bars for breakfast, we started off down the trail to our long awaited resupply. Anxious and excited for mail, fresh fruit, and all the joys of resupply, we kicked it into high gear and reached Mary-Jo Road ahead of schedule. We organized our packs and waited for Sara Taylor to arrive. We all jumped at the sight of a Wavus car and were pleased to find ST had brought us gifts of fresh food and drinks. We packed our new supplies in a hurry and ripped open mail. But all too soon, it was time to say good-bye and we were back on the trail. Not five minutes into hiking, it began to rain! BUMMER. We quickened our pace and made it to our campsite where we met and played fetch with Maya the dog (who belonged to another hiker staying at the site). We attempted to dry off from the rain and then made burgers for dinner. Thankfully, Mother Nature was good to us and the rain cleared up as we slept soundly in our tents.

Day 17

Our day began a little wet from the previous day's rain that we hoped would not continue. We packed up camp and put our feet back in our wet hiking boots after a breakfast of yogurt and granola. We started down the trail, soon followed by more rain showers. We stopped for a nice dry break at a lean-to off the trail in the middle of our soggy hike. As the day continued, it started to clear and once we got to camp, many of us sat out on rocks to read and chat next to a nearby stream. That night we made a large portion of mac and cheese that could only be finished with a game of yum-yum. It left everyone feeling full on their way to bed for some much sleep. ☺

Day 18

We woke up at Nahmakanta campsite and had bagels and cream cheese for breakfast as we waited for the rain to let up. After breakfast we began our hike; although flat, it was enjoyable and we stopped at a lean-to for a snack break along the way. While at the shelter we meet a couple through-hikers who were mostly headed southbound and looking to hike the whole AT. We continued on and arrived at our campsite early enough to enjoy the rest of the afternoon just relaxing and reading in the sun. We enjoyed an early dinner of quinoa with peppers and fresh made apple cinnamon bread.

Day 19

We had a breakfast of Luna bars and peanut butter. We began the day from Wadleigh with a steep mountain. But after the first peak, the day became relatively flat and we were able to make great time. We stopped for a lunch of pb and jelly at beautiful spot along the river where we also stopped for a swim. We passed the Kieve boys

Day 20

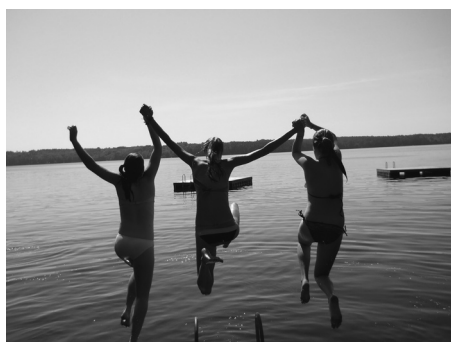
We had pop-tarts for breakfast. Then we hiked Rainbow Ledges, with a great view of Katahdin, and had blueberries on the top. We had lunch on Hurd and then finished the 100 Mile Wilderness!!! We ran from the end to the road when we got Gifford's ice cream at the Abol Store and 100 mile bumper stickers. We stayed at Abol Pines campground on Sandy Point where we swam in the Penobscot River. We ate dinner in the lean-to to avoid the last night of rain. Dinner was quesadillas, ramen noodles and nachos. We also managed to make a fire and roasted s'mores.

Today we had pop-tarts and then hiked into Baxter State Park, where we solo hiked the last 4 miles to Katahdin Stream campsite. We met the directors at the campsite where they greeted us with a picnic of veggies and fruit. We all then lay out in the sun until it was time to eat a yummy dinner consisting of sandwiches and s'mores.

We woke up at 3:30 and had yogurt for breakfast and were on the trail to Katahdin by 4:20. As we were full of excitement, we summited in just over 4 hours even with a little bit of rain.

We then hiked down the Hunt Trail to begin our journey back to WAVUS for an epic entrance in an ambulance!!!





Wavus Blanket and Paddle Tradition

Paddle

Wavus campers, who have been campers for 5 years and have completed one of the longest trips, are gifted with a paddle embossed with the Wavus emblem at the closing Council Fire each session. This year the recipients were:

Claire Benning	First Session
Courts Bliss	First Session
Audrey Bransfield	First Session
Maddie Cross	First Session
Banks Dotson	First Session
Sarah Hart	First Session
Sophie Jensen	First Session
Emma Mazzuchi	First Session
Liv McCahan	First Session
Brooke Mullen	First Session
Lexee Pinsky	First Session
Casey Ross	First Session
Oriana Smith	First Session
Diamond Stevens	First Session
Annelise Vought	First Session
Phoebe Walker	First Session
Zoe Alles	Second Session
Hannah Barnes	Second Session
Rose Chiarello	Second Session
Rebecca Cibbarelli	Second Session
Emma Landes	Second Session
Rachel Libby	Second Session
Alison Obstler	Second Session
Lauren Raimbeault	Second Session
Lindsay Stewart	Second Session
Abigail Summerville	Second Session
Simone Unger	Second Session



Blanket

Campers are blanketed for their 100-mile achievement at the closing Council Fire each session. The blankets are reminiscent of the type used by campers in the early years of the camp and are embossed with the Wavus emblem.

This year the recipients were:

Claire Benning	First Session
Courts Bliss	First Session
Audrey Bransfield	First Session
Maddie Cross	First Session
Banks Dotson	First Session
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Liv McCahan	First Session
Brooke Mullen	First Session
Lexee Pinsky	First Session
Casey Ross	First Session
Oriana Smith	First Session
Diamond Stevens	First Session
Annelise Vought	First Session
Phoebe Walker	First Session
Zoe Alles	Second Session
Rose Chiarello	Second Session
Rebecca Cibbarelli	Second Session
Emma Landes	Second Session
Rach Libby	Second Session
Alison Obstler	Second Session
Lauren Raimbeault	Second Session
Lindsay Stewart	Second Session
Abigail Summerville	Second Session
Simone Unger	Second Session
Abigail Bartram	First Session
Cynthia Kellett	First Session
Taylor Lord	First Session
Liv Small	First Session
Olivia Darnell	Second Session
Sofia Ramirez	Second Session
Junie Schellscheidt	Second Session



First Session



Second Session

Past Recipients of Wavus Paddles and Blankets

2008 Paddle Recipients

Camper Name	Cabin	Session
Hayley Bright	Iroquois	First
Poppy Doolan	Allagash - Buff	First
Chelsea Guptill	Allagash - Green	First
Adrian Huntington	Allagash - Buff	First
Laura Lee	Allagash - Buff	First
Emma Murphy	Iroquois	First

2009 Blanket Recipients

Camper Name	Cabin	Session
Zoe Atchinson	Iroquois	First
Charlotte Blake	Iroquois	First
Poppy Doolan	Allagash - Buff	First
Anna Feiss	Iroquois	First
Grace Muller	Iroquois	First
Ellie Weickert	Iroquois	First
Carey Hauber	Iroquois	Second
Carolyn Ziegler	Iroquois	Second

2009 Paddle Recipients

Camper Name	Cabin	Session
Drew Boulos	Allagash	First
Cullen LaPointe	Allagash	First
Emily Rodrigue	Allagash	First
Alaire Davis	Iroquois	Second
Lexi Dorman	Allagash - Green	Second
Carey Hauber	Iroquois	Second
Nikka Pascador	Allagash - Buff	Second
Lillie Tuthill	Allagash - Green	Second

2010 Blanket Recipients

Camper Name	Cabin	Session
Bethany Berry	Iroquois	First
Drew Boulos	Iroquois	First
Dora Cronin	Iroquois	First
Lindsay DeMuth	Iroquois	First
Cullen Lapointe	Iroquois	First
Emily Rodrigue	Iroquois	First
Lilly Schrecengost	Iroquois	First
Greta Brown	Long Voyage	Second
Sam Essig	Long Voyage	Second

Erin Gates	Iroquois	Second
India Kline	Long Voyage	Second
Sarah Kaplan	Long Voyage	Second
Lia Keyser	Long Voyage	Second
Valerie Hirschberg	Long Voyage	Second
Georgia McKee	Long Voyage	Second
Rosie Palmer	Iroquois	Second
Emmy Peters	Long Voyage	Second
Meredith Petralia	Iroquois	Second
Elle Reynolds	Long Voyage	Second
Emmy Ribet	Long Voyage	Second
Eliza Sneedeen	Iroquois	Second
Lillie Tuthill	Iroquois	Second

2010 Paddle Recipients

Camper Name	Cabin	Session
Drew Boulos	Iroquois	First
Dora Cronin	Iroquois	First
Lilly Schrecengost	Iroquois	First
Greta Brown	Long Voyage	Second
Sarah Kaplan	Long Voyage	Second
Lia Keyser	Long Voyage	Second
Georgia McKee	Long Voyage	Second
Elle Reynolds	Long Voyage	Second
Emmy Ribet	Long Voyage	Second

2011 Blanket Recipients

Camper Name	Cabin	Session
Lara Defaix	Maine Trails	First
Caroline Gribbell	Maine Trails	First
Lizzy Landry	Maine Trails	First
Lindy Perry	Maine Trails	First
Andrea Silvestri	Maine Trails	First
Lauren Stone	Maine Trails	First
Charlie Woodhams	Maine Trails	First
Hannah Barnes	Long Voyage	Second
Emma Howard	Long Voyage	Second
Meghan Miller	Long Voyage	Second
Alexandra O'Bryan	Long Voyage	Second
Dayla Pascador	Long Voyage	Second
Darby Philbrick	Long Voyage	Second
Hannah Schott	Long Voyage	Second
Riley Vaske	Long Voyage	Second
Caroline Wilson	Long Voyage	Second

2011 Paddle Recipients

Camper Name	Cabin	Session
Lindy Perry	Maine Trails	First
Andrea Silvestri	Maine Trails	First
Lauren Stone	Maine Trails	First
Charlie Woodhams	Maine Trails	First
Val Hirschberg	Maine Trails	Second
Emma Howard	Long Voyage	Second
Meghan Miller	Long Voyage	Second
Alexandra O'Bryan	Long Voyage	Second
Dayla Pascador	Long Voyage	Second
Emmy Peters	Maine Trails	Second
Darby Philbrick	Long Voyage	Second
Hannah Schott	Long Voyage	Second
Riley Vaske	Long Voyage	Second
Caroline Wilson	Long Voyage	Second



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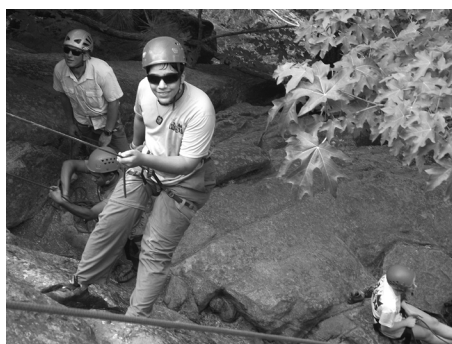
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KW WEST

Summer 2012 marked the first summer in which KW West was held in the Pacific Northwest. Both sessions were extremely successful, allowing campers to explore a new area, practice their tripping skills and prepare for being the future leaders of Kieve and Wavus. Students arrived in Seattle where they reconnected with friends from previous years and introduced themselves to their new “cabin” mates. From the very beginning the campers became the leaders on the trip, keeping the group on schedule, planning activities for down time and watching out for the general welfare of the group. Two leaders were chosen each day by the students, and everyone took on the

challenge with energy and enthusiasm. Students even started making theme days, which kept everyone laughing and engaged throughout the trip. Themes ranged from “Kieve Day” to Harry Potter to Christmas in July! Along with taking on leadership responsibilities students prepared all meals for our group, rotating in groups of three. While the Kieve classic of “Dank” was mastered by several cook groups, others took on the challenge of creating new meals like sweet and sour meatballs and quinoa on the trail. Delicious food prepared by students kept us going throughout the summer.



Both sessions began with two days of rock climbing in Wenatchee National Forest; many students pushed their comfort zones by climbing on rock for the first time and facing their fears of heights. After rock climbing we started our backpacking portion and the two sessions followed different routes through the North Cascades National Park. A highlight from first session was hiking through a rainstorm up Desolation Peak, made famous by author Jack Kerouac. As we got higher, the temperature dropped and we were soon hiking over a snow-covered ridge. The established trail was hidden under the snow and the Leaders of the Day had to make a decision whether to continue to the summit or return to our camp. In true Kieve style, the students chose to push on and we all reached the peak as the rain stopped. Our hike down afforded beautiful views of the Cascades and the experiences left us

all feeling accomplished. Both trips ended with four days of kayaking in the sunny San Juan Islands. We were able to explore the shorelines and see massive purple starfish, seals and sea otters. The second session trip ended with a sunrise paddle from our last campsite which we left at 3 a.m. with a stiff breeze coming over our bows. Students paddled hard through the dark with waves rolling underneath our boats and were able to witness the sky lighten, sun peep over the horizon and wind die down. It was a magical way to end the trip.

The students in both sessions became extremely close over the course of 23 days, and every one of them developed and practiced the skills it takes to be a great trip leader at Kieve or Wavus. Plans are already being made on how to ensure the summer of 2013 of KW West is just as fun and memorable as 2012.



9/11 Family Camp

We hosted the 11th Annual Family Camp for families affected by the September 11th tragedies. Once again, individuals and families from a number of FDNY firehouses and Cantor Fitzgerald in New York as well as The Pentagon all arrived at Kieve for another fun-filled and relaxing week. We had 100 guests and 2 new families attend and, as always, the food prepared by the Pasquaney staff was delicious! We were once again lucky to have great weather! Camp Director

Russ Williams sends out his heartfelt thanks to all our volunteers including "Mr. Dishwasher," Joel Kavet, along with the folks from the Pemaquid Fisherman's Co-op for boat rides and hosting us for another wonderful evening and lobster bake. Returning for his 11th Kieve appearance, musician Bruce Marshall provided great live music for lots of dancing during the last evening. All the staff and volunteers are already looking forward to the summer of 2013!





'12 9/11 Family Camp

Alumni & Family Adventure Camp

E.E. Cummings once said, “The most wasted of all days is one without laughter.” Mr. Cummings was never a camper at the Kieve Alumni & Family Adventure camp, but his words nevertheless ring true each year — none more so than 2012. Every family came to camp with all of the necessary sundries: linens, toiletries, and a willingness to laugh and have fun regardless of circumstance.

Alumni & Family Adventure Camp 2012 boasted a composition not unlike that of a championship defense in any sport: a balanced mix of enthusiastic, exuberant rookies and grizzled, savvy veterans. Although there was some initial hesitation during the first night’s introductory exercise, we chalked it up to jetlag and fear of Director Jack’s earnest mustache.

We hit the ground running on Monday, and the campers could not have been more fired up. The weather was perfect, and there was no better way to celebrate

that fact than to open up all of camp’s greatest hits: woodshop (run by Family Camp heartthrob Henry Coote), arts and crafts, projectile weaponry (archery and riflery), a Slip’nSlide, and, of course, ropes on ropes on ropes!

The sunny afternoon brought about a perfect opportunity for everyone to get wet one way or another. The aqua zip was in full swing, and a record number of campers signed up for a beautiful evening cruise on the famed Snowgoose III. The Goose looked less like a lobster boat and more like the downtown-bound 6 train on a Monday morning commute. We can’t help that we’re popular!

The evening brought about everyone’s favorite activity: S’Mores party! Thanks to the staff’s generous overestimate on foodstuffs needs, everybody was able to enjoy an infinite amount of chocolate, ‘mallows, and grahams. The highlight of the night was brought by the brothers Short, Atticus and Monroe, whose





Alumni & Family Adventure Camp ~ 2012

rousing – yet evocative – rendition of John Denver’s “Leaving on a Jet Plane” brought down the house and left everybody’s eyes moist with sentiment.

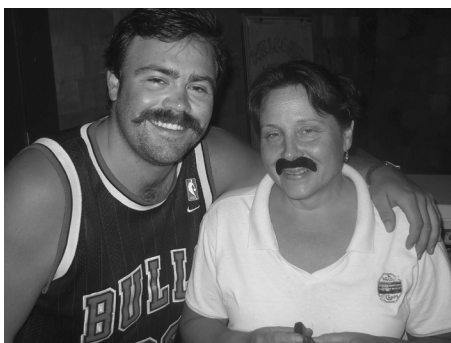
Tuesday was art day, duh. With outside specialists in both the pottery studio and the wood shop, campers were treated to a day of mastery and competition. The day culminated with the amazing work of young Max taking home the grand art prize: a big bowl of pride that he can share with his kindergarten class. The day also brought about a few adventures: the Mt. Battie hike was highlighted by magnificent views at the top, nearly zero fender benders at the bottom, and a J-Scoop hike-cap. Dinner was lobsters. Yay!

The final full day of camp was bittersweet. Once again, the weather was spectacular, and the aqua zip was in full effect. Back by popular demand was the boat trip to bridge jumping and the J-Scoop. The theme of all-freestyle-everything kept the campers and staff in high spirits, as the pottery studio, wood shop, and art shop produced remarkable artifacts that will be cherished for generations to come with

little accountability. The evening was capped with a generous portion of root beer floats and emotion: Director Jack’s annual slide show moved the crowd, and there wasn’t a dry eye in the house.

It’s difficult to overstate just how much fun was had at Alumni & Adventure Family Camp 2012. We set new records for number of campers and amount of fun – two records that are surely primed to be broken once Summer 2013 rolls around. The staff and campers would like to extend their utmost gratitude to all of those who made it possible behind the scenes: Russ Williams, Betsy Lee, Nancy Kennedy, and, of course, the MVP’s of Family Camp, Mary and the amazing Wavus kitchen staff. We love you all. Until next time...







Junior Wavus Session 1 ~ 2012



Junior Wavus Session 2 ~ 2012



Session 1 ~ 2012



Session 2 ~ 2012